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MARCH 2015



516 spring looks

GLAMOUR's pick of the great buys & style tweaks to nail NOW

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The models who jailed a sexual predator

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The world's 100 SEXIEST MEN

The (smoking hot) list is in!

Do you need therapy?

See page 243

WORLD EXCLUSIVE

OH MY! FIFTY SHADES FEVER!

Dakota and Jamie talk dirty

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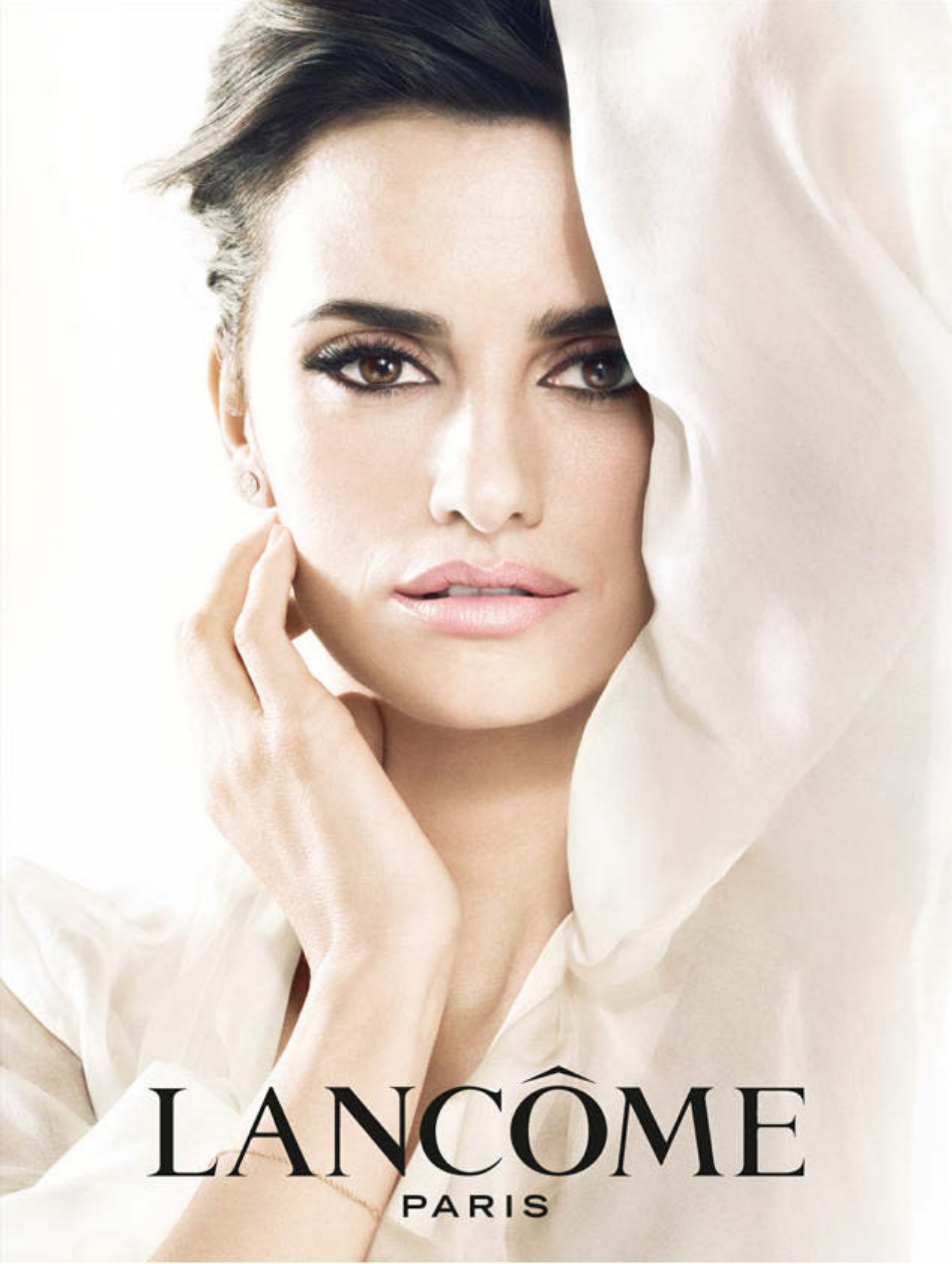
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GLAMOUR

March 2015



Special issue!

This month, GLAMOUR is also available in a special collector's supersize. While stocks last

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GLAMOUR March 2015
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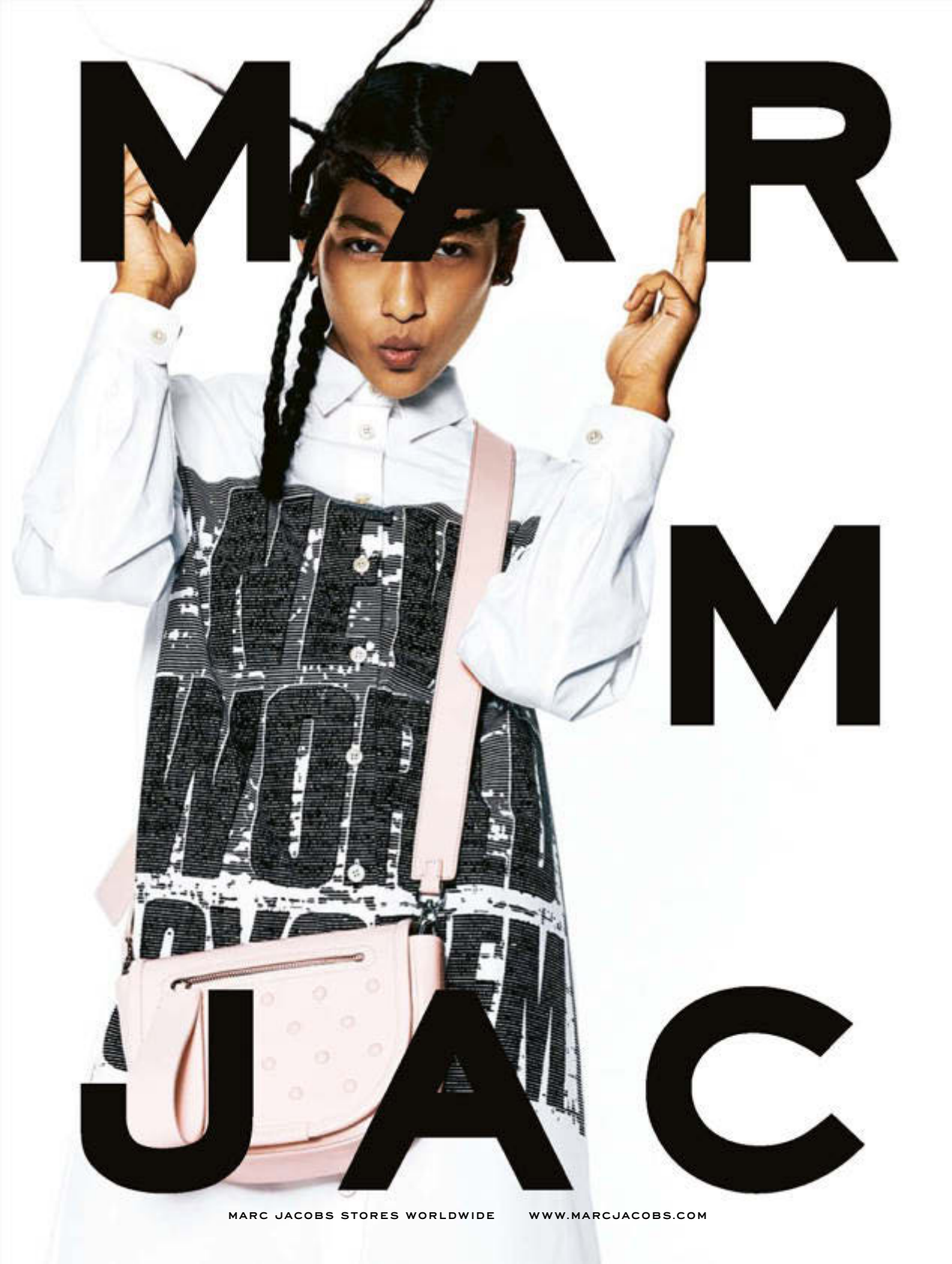
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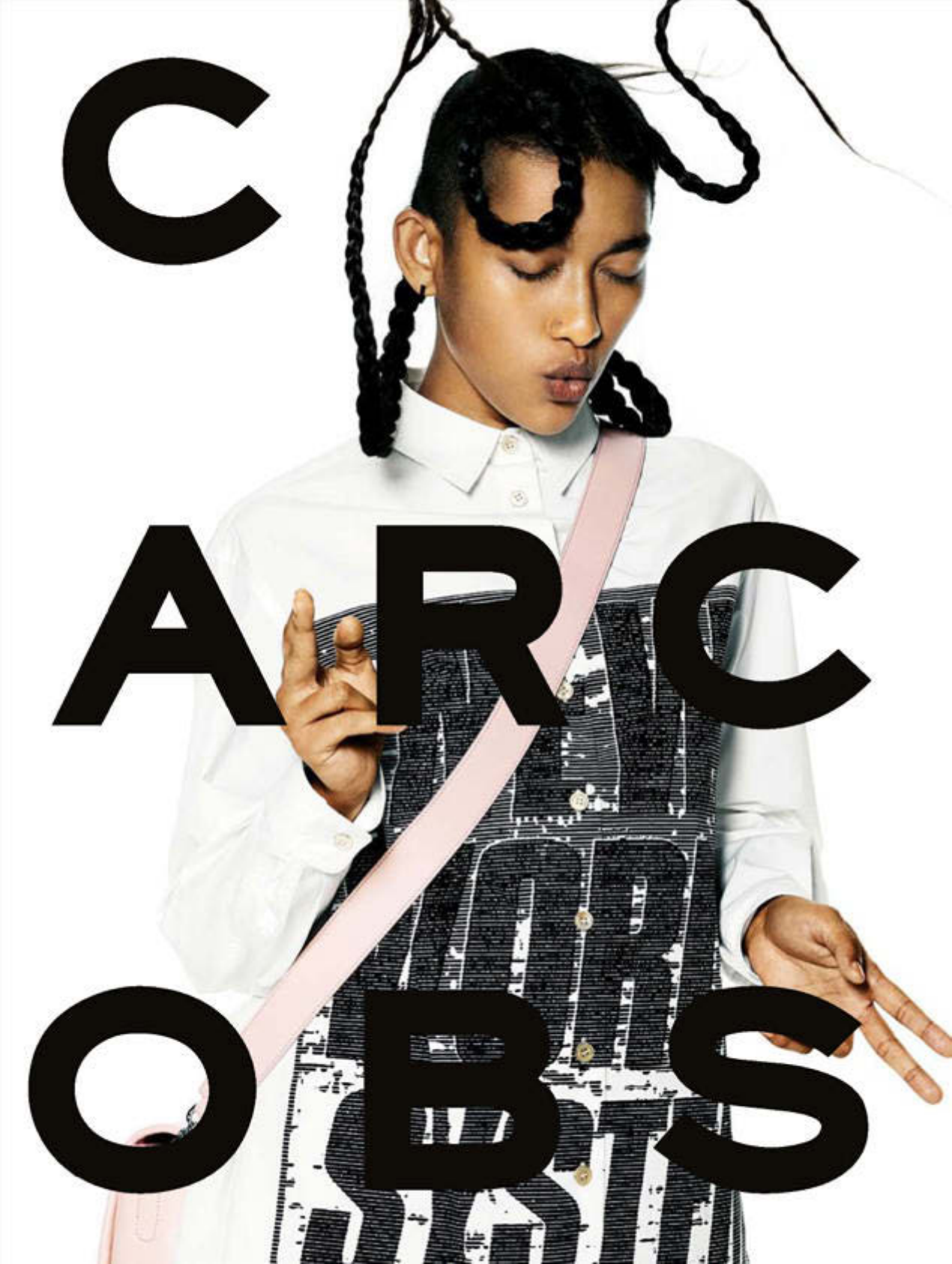
Hello, *hot* mail

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GLAMOUR March 2015
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WIN the cover look



ON THE COVER
Photograph by **Steven Pan**
Fashion Editor **Laura Ferrara**
Hair **Mark Townsend for Starworks Artists**
Make-up **Pati Dubroff for The Wall Group**
Grooming **Kim Verbeck for The Wall Group**
Manicure **Deborah Lippmann for The Magnet Agency**
Production **Brachfeld**
Dakota: dress **Donna Karan**. Jamie: T-shirt **Alexander Wang**



Make-up Get Dakota's sexy look, courtesy of Clarins. One reader will win: **Eye Quartet in Skin Tones; Be Long Mascara; Everlasting Foundation + in 107; Rouge Eclat Nude Rose; Bronzing Duo in 02; Blush Prodige Sweet Rose; Crayon Khôl Intense Brown**



Grooming One reader will win these Clarins Men products: **Anti-Fatigue Eye Serum; Super Moisture Balm; Exfoliating Cleanser; After Shave Soother; Fatigue Fighter**

How to enter For your chance to win, simply answer this question: **Who wrote the *Fifty Shades Of Grey* novel?** Text GLAMOUR followed by your answer, name and email address to **88080**†. Winner(s) will be selected at random after the closing date of **March 4, 2015** and will be notified within 28 days of the closing date. Open to UK resident readers of GLAMOUR aged 18 or over on the date of entry, except for employees of Condé Nast Publications Ltd, participating/associated companies and promotional agencies, contributors to GLAMOUR and the families of any of the above. For full terms and conditions, see glamourmagazine.co.uk/termsandconditions

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The women who built me

As we celebrate International Women's Day (see our feature on p121), I am sparing a thought for the women in my life who I think have had the most influence in launching and shaping a fun and rewarding career…

My mum, Leonie Elvin

Well, hey, she *literally* built me! She gets all the credit for instilling me with ambition and the sense that hard work leads to great rewards. She inspired me to go for what I wanted and to this day I am so grateful that she filled me with that drive and confidence. She encouraged me to be independent, and go for things like travelling the world. She was pretty annoyed when that led to me living on the other side of the world, but she's always been cool about that too. Mostly.









Clockwise from top **my mum; Kath Brown; Lisa Wilkinson; with Marina Go**

Marina Go

Currently General Manager of Hearst-Bauer in Australia (meaning she oversees magazines like *Elle* and *Harper's Bazaar*), Marina gave me my first big break in magazines. I first met her when I was doing work experience for a local paper. She made the mistake of being nice to me so I followed her just about everywhere for a week. Years later, I started work experience at the teen mag *Dolly*, where she was beauty editor. When she was appointed editor, she gave me my first proper full-time job as a junior writer. She was a tough, but fair editor who is to be congratulated for staying calm in the face of my many, many rookie mistakes!

Lisa Wilkinson

Down the hall from Marina and me at *Dolly* was our editor-in-chief, Lisa, who also edited the glossy women's magazine *Cleo*. But she was the editor of *Dolly* when I was its target reader. She became my No1 career idol when she rose from secretary to editor, thanks to her amazing editorial instincts. Every month, I felt the magazine was talking directly to me, a somewhat introverted, awkward 14 year old. She made me want to follow in her footsteps. Now she is Australia's Lorraine Kelly, as co-host of the breakfast news show *Today* – and she's the most professionally generous person you could ever meet, whose passion is developing the careers of women lower down the ladder than her.

Kath Brown

Meeting and working with Kath, on *Sugar* magazine, was the game changer for me. She was editor-in-chief to my editor and she absolutely taught me how to do the job. I learned from Kath how to work out what your vision is as an editor and bloody well stick to it. She helped me grow a spine. I learned how to make the sometimes tough decisions. Anyone who's ever been vexed by my stubborn streak has Kath to thank! Though she is infinitely more charming and charismatic with the toughness than me. And she has the dirtiest laugh you will ever hear. She went on to be deputy editor of *Elle* magazine, before launching *Red*, then later taking an executive role at *Marie Claire*, and is now lifestyle director at *Woman*.

I hope I've served these women well by going on to encourage and develop the careers of others. There is such enormous pride that comes from watching people you've hired and trained move on to become talented editors themselves. None of us can carve a career all on our own. So I am beyond grateful to the women who helped me.

International Women's Day is March 8.



Jo Elvin, Editor

contact me at: editor@glamourmagazine.co.uk

{ Follow me on Twitter at Twitter.com/jo_elvin and Instagram @joelvinglamour. Tweet us at @GlamourMagUK }

Photographs: Fairfax Photos

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13 Hanover Square, London W1S 1HN Tel: 020 7499 9080

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WEEKEND

MaxMara



You're not alone

From pregnancy to politics, so many of you related to the stories in January's issue – and got in touch to share your own

★ Star Letter

The Truth About Eating Disorders by Zosia Mamet brought home to me that I need to talk to my younger sister about what I think an eating disorder is. It's not easy to watch someone you care about and love damage their health, especially when the solution appears, at least on the outside, to be simple. I realise now that eating disorders aren't really about food or weight. They are attempts to deal with emotional and stress-related issues. I may not be able to force my sister to change, but I can offer her my support and encourage treatment. Thank you – I hope by talking together, it can make a difference to her life.

Name withheld, by email

This month's star letter wins Lomography's Fisheye No2 Gold camera with multiple exposure capabilities and 170° perspective, worth £89. For more information, visit lomography.com



Only a number

Just when I thought I couldn't love Miranda Hart any more, I read her *Getting Older Is Brilliant. Honest.* Truly inspirational writing, which made me laugh out loud! We really should stop worrying and start enjoying life, no matter what our age.

Carly, by email

I can't tell you how happy I was to read your article by Miranda Hart, *Getting Older Is Brilliant. Honest.* I was having a really bad week; I'm 31, single, unemployed and recently moved back in with my parents to save money. Reading your article has helped me realise I won't be defined by my circumstances – I'm doing this for a good reason. And, importantly, I'm not alone.

Alex, by email

YOU TWEETED IT

@Leahwinser95: @GlamourMagUK feature 'Inside the mind of a stalker' really makes you see both sides. Sympathy to both parties. #toofar #obsession

@MrsFinneyd: Thank you @hotpatooties for your @GlamourMagUK column! I am 5months pregnant & I totally relate 2 this. #idonteatfortwo

@wordsandsparkle: @GlamourMagUK TYSM for the feature about turning 30 in 2015. That's me :) Related to everything! No kids/house/man – plenty of FREEDOM

Mum's the word

I could definitely relate to Dawn's article *"Please, Give Pregnant Women A Break"*. I had to tell my friends I was expecting at six weeks because I wasn't drinking on a night out. I'd only found out myself earlier that day and didn't want anyone to know, but was grilled until I admitted it. People should just wait to be told and not hijack a special moment for pregnant women.

Stacey, by email

More diversity, please

While I applaud the recognition of women in politics in *These Women Need You* and think more women should be represented, it's a shame there was so much focus on the Conservatives and Labour. There was only one representative from the Lib Dems and none from other parties, particularly the Green Party. Caroline Lucas and Natalie Bennett would have been great additions. It'd be great to see a wider range of aspirational women in politics. Keep up the good work!

Tess, by email



GLAMOUR-TO-GO

This month's winner is Jemma Law, pictured with GLAMOUR in Kraków, Poland. Jemma wins an Evoke D4 Mio Digital Radio, worth £179.99 and available in seven two-tone colour schemes with Bluetooth and wireless iPod capability. For your chance to win, send us a photo of you with the latest issue of GLAMOUR in a glamorous location (with your name, address and location). Good luck!



Write in! We want to hear about you – about GLAMOUR, your life, anything. Email us at letters@glamourmagazine.co.uk or write to GLAMOUR Mailbag, 13 Hanover Square, London, W1S 1HN

Due to the volume of work-placement applicants we receive, unfortunately we are only able to acknowledge successful candidates, who must be over 18 years old

Compiled by Amy Warren. GLAMOUR reserves the right to edit letters, Tweets and unsolicited material. Unfortunately, GLAMOUR is unable to return any photographs submitted





All the news from the FROWs

28 DAYS OF STYLE ON GLAMOUR.com

Bumper fashion galleries – the hottest looks from the spring/summer catwalks *and* the coolest street style









What GLAMOUR wears to work SPECIAL

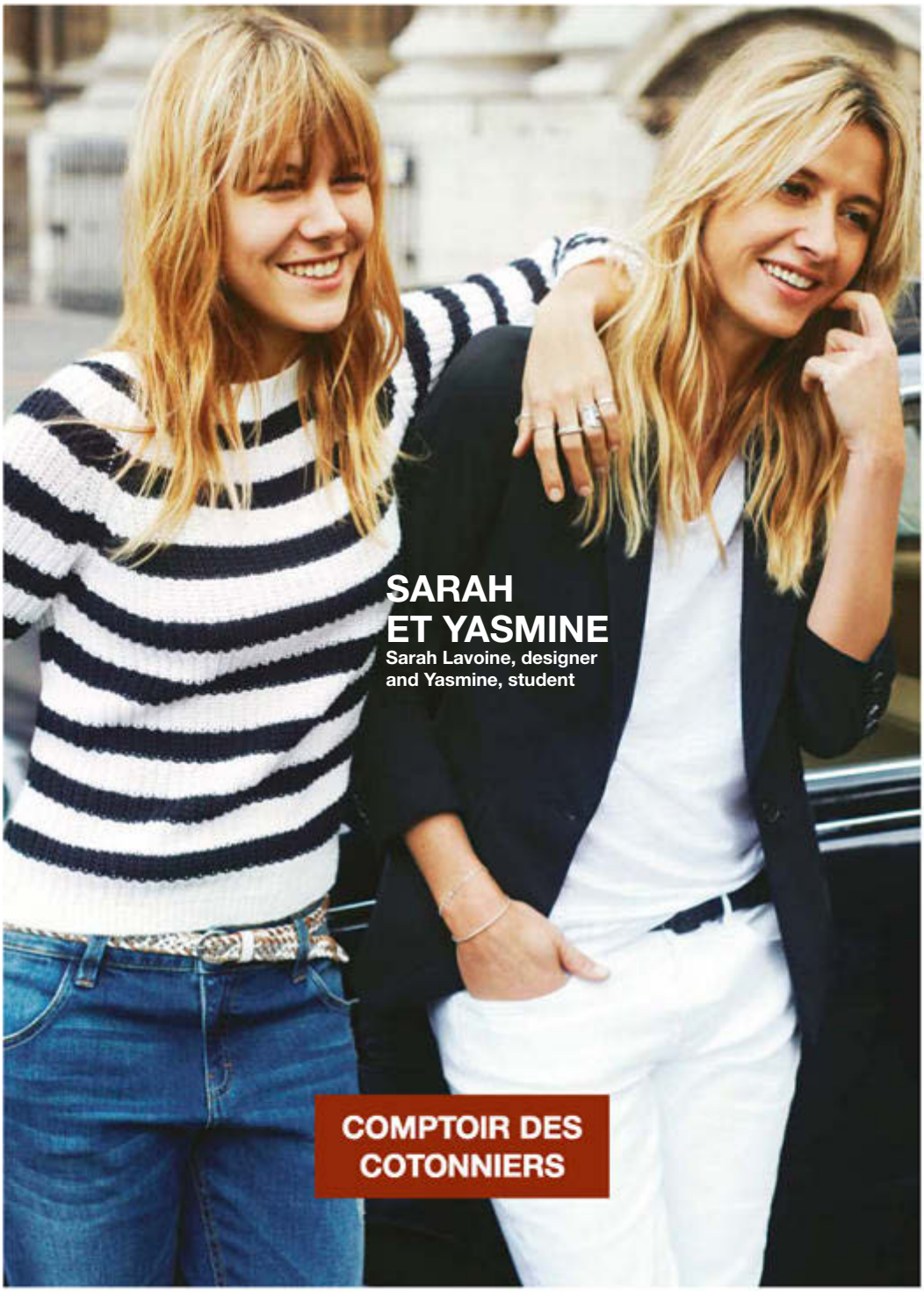






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DOs & DON'Ts

NEWS VIEWS AND GL AMA



Caped Crusaders

Holy must-have fashion item, Batman! From Angelina's Ralph & Russo to Dakota's Saint Laurent number, no red-carpet look is complete without a cape. ▶

By Helen Whitaker. Photographs: Rex Features, Getty Images, Feature Flash

ALEXA'S DENIM RANGE?

DO, DO, DO!

"I think about clothes most of the time," said Alexa Chung to GLAMOUR last year, when she was in the midst of dreaming up her debut line for premium denim brand AG Jeans. "It's like, 'Oh, that's a cool shirt, what would happen if it was in red?' It's thinking where else you could take it." Well, fans of La Chung's style can rejoice, because where's she taken it is to a 21-piece line of your new favourite denim pieces, all of which Alexa herself would – and no doubt will – wear. All her greatest fashion hits are here: cute dungarees and pinafore dresses, high-waisted jeans, tees and a little beauty of a shirt-dress. Stocked at Selfridges, Harrods, net-a-porter.com and matchesfashion.com, it's available *now*, and prices start at £95. Stop reading, and go!



Dress £245

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Skirt £176

Shirt dress £295

By Christine Smith

GLAMOUR GOES ...to the supermarket



By Helen Whitaker


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"In ten minutes, Adele raised £10m for Comic Relief"

Just one of **Emma Freud's** – AKA Mrs Comic Relief – Red Nose Day highlights



My boyfriend, Richard Curtis, is the co-founder of Comic Relief and I am director of Red Nose Day (I literally slept my way to the top, it was a highly enjoyable process and one which I can recommend). On March 13, the 15th Red Nose Day is taking place, during which we hope to pass the billion-pound mark donated by the British public since we began. As we gear up for the biggest campaign ever, here are my favourite moments in RND history.

A WHOLE LOT OF BOVVER

My favourite sketch of all time was with Catherine Tate as Lauren Cooper, and the then Prime Minister, Tony Blair.



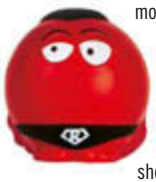
I made the initial approach to Downing Street and both parties were amazingly willing, but to actually make it through BBC guidelines, Downing Street protocol, health and safety, editorial policy and party politics took months. The first time I saw the Prime Minister look up at Lauren banging on about the eating habits of her brethren, innit,



and say, "Lauren, does my face look bothered?" I actually cheered.

THE POWER OF ADELE

Red Nose Day itself is always horrific. I spend the evening in the room where data is collected, showing how many donations are coming in. It's unspeakably tense in there and every year there are a few hours where it feels like the event is an utter disaster. Red Nose Day 2011 was the worst. Our anticipated money surges didn't surge and



I remember lying face-down on the floor trying to work out how to spin it to Richard that things weren't going quite as well as we had hoped. At 9.45pm, we showed an appeal film by David Tennant in Uganda and after it Adele came on and sang *Someone Like You*. In those ten minutes, we raised £10million. That year our final figure was £108million – the highest telethon total ever recorded in the world.

FAMILY AFFAIR

My children always do something for Comic Relief – they have to. If they didn't, we would put them up for adoption. Charlie had a sponsored all-sweets day one year (he was sick by the end) and Jake spent 24 hours on a space hopper, mostly just to annoy his headmaster. Scarlett once plaited herself to her best friend for the entire day and another year Spike duct-taped himself to our front door for an evening. It was hilarious.



Top **Adele performing for Comic Relief in 2011**

BIG BROTHERLY LOVE

Back in 2001, I was obsessed with *Big Brother*. I remember saying to Richard, "Couldn't we do a mini-series of *Big Brother* with celebrities going into the house instead of real people?" He said, "Don't be ridiculous." But we did it that year. It was the first celebrity reality show ever made. AND IT WAS MY IDEA. Secretly, I think that was why I was awarded the OBE. The Queen LOVES celebrity reality shows.



WHY WE DO IT

The first time I visited a Comic Relief project in Africa, I remember standing in a slum in Addis Ababa with a lady who had moved out of her cardboard home into a corrugated iron shed, thanks to the money donated by someone believing they could make a difference. She hugged us and said, "I am now the happiest person in the world." The person who gave the money had been right. ▶



Red Nose Day takes place on Friday March 13. For more info about how to get involved, see rednoseday.com

Photographs: Sudhir Pithwa, Paul Randall, Guy Levy, Comic Relief

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WOMEN'S SPORT NEEDS YOU

… to show up and tune in. Here's what to watch in 2015



Re-live the 2012 Olympic glories of Jessica Ennis-Hill and Team GB at the 2015 Anniversary Games, 24-25 July in London

Last month, GLAMOUR launched its Say No To Sexism In Sport campaign. Our goal: to raise the profile of women's sport and lobby for more coverage in mainstream media. So how can you make a difference? Watch a women's sporting event in 2015. As Ruth Holdaway, CEO of Women's Sport and Fitness Foundation, says: "Big crowds and high TV ratings bring funding." Try these...

FOOTBALL **Women's World Cup**

June 6-July 5

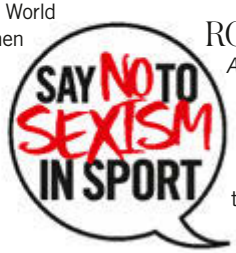
With 24 teams in the running, Canada 2015 is the biggest – and most exciting – tournament yet. Every match will be broadcast across BBC Two, BBC Three and the Red Button. fifa.com/womensworldcup

RUGBY **Women's Six Nations Championship** *Now-March 16*

France took the title in 2014, but England are on a high after winning the World Cup. rbs6nations.com/en/women

CRICKET **Women's Ashes** *July 21-August 31*

England and Australia fight it out at venues around the UK. Get tickets at ecb.co.uk. Sky Sports has live coverage.



NETBALL **Netball Superleague 2015** *Now-April 13*

Forget memories of shivering on the court at school: a pro match is fast and furious. You can buy tickets through the eight Superleague teams (englandnetball.co.uk) or watch all 14 rounds on Sky Sports.

CYCLING **The Women's Tour** *17-21 June*

At this five-stage road race in the east of England, see the world's top cyclists in action (last year, Lizzie Armitstead, Marianne Vos and Emma Johannsson all competed). Events are free to watch roadside. womenstour.co.uk

ROWING **Women's Boat Race** *April 11*

For the first time, Oxford and Cambridge's women's teams will compete on the same day – and same stretch of the Thames – as the men. Plus, the BBC is showing both races live. theboatraces.org

What I'll be watching...

"Susie Wolff, test driver for Williams Racing, in the 2015 F1 season." *Suzi Perry, presenter of BBC's Formula One coverage*

"I'll be following the Women's Ashes closely." *Steph Houghton, England women's football captain*

"I can't wait for the Anniversary Games in July." *Stef Reid, Paralympic track and field athlete*

"The Women's Football World Cup. England could finish in the top four." *Charlie Webster, Sky Sports presenter*

"Watching the World Athletics Championships will be a highlight for me." *Izzy Christiansen, Manchester City footballer*

By Hanna Woodside and Amy Cory. Photograph: Getty Images

{ Tell us what you're watching in 2015 @GlamourMagUK #GlamourSport }


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DAWN O'PORTER



"My fashion milestones (I got there in the end!)"

My relationship with fashion has not always been good, but clothes have been quite emotional for me. After losing my mum as a kid, photographs of her became everything as the sensory memories began to fade. Her wicked sense of style in those pictures – bat-winged dresses, bold primary colours, red lips, furry coats, wild hair (God love the '80s) – has been vital to me for not forgetting who she was. And the older I've got, the more that subliminal thought of 'What is the image I am leaving behind?' drives the way I dress. Am I showing the world who I really am? Will pictures of me in this outfit remind the people I love of what I was like? This thought has taken me on quite the journey.

It began with a green jumper with fluffy kittens on it that I begged my dad to buy me when I was about 11. My sister was horrified, and insisted I never wear it outside. "It's just for around the house!" I wailed, as she gripped my ear harder and harder between her fingers. But, of course, I wore it everywhere for the following year, and to this day, my sister says, "Just for around the house?" to me every time I take any kind of fashion risk.

Then there was a long roll-necked mustard knit jumper that came to just above my knees. I paired this with pea-green leggings and burgundy DM boots. I was about 15, and thought this was the ultimate in bold, individual and confident style. Until I found a note from a 'friend' to another friend that so viciously damned my outfit, I threw it out that night.

This episode caused me to focus on blending in. For years after, I was a fashion sheep. When I got to drama school in Liverpool, I wore whatever everyone else wore. And that, for some reason, was skirts over trousers. Literally, a miniskirt over ▶

HEY, LADY

When I interviewed my friend Carrie Lloyd for GLAMOUR a few months ago about being young, single and Christian, your response was amazing. As I said in the interview, I am not a Christian, I am also not single, but Carrie has now written a book about both of the above, and there are some excellent life points in it about how to look after yourself in love. *The Virgin Monologues* is out now.



◀ a pair of trousers. Odd, in retrospect, but totally essential at the time. I had a pair of metallic wide-legged trousers that I wore pretty much every day for a year. Over these, I wore various miniskirts, none of which matched the trousers but they matched everyone else, so that was good enough for me. I continued to emulate whoever I thought was cool for another few years. I never felt good.

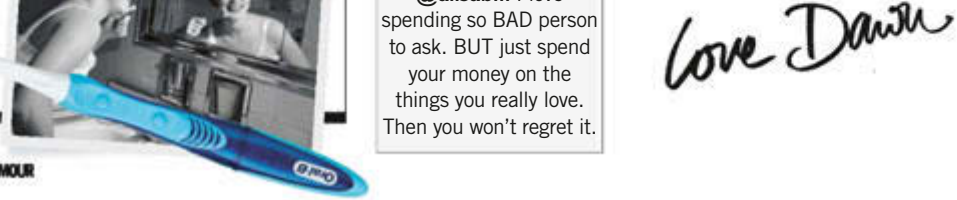
And then I moved to London and discovered vintage. It was a slow start, but an absolute revelation. I'd go into a shop with no idea what I would find, and pick clothes I knew no one else would have. It was bizarre, suddenly shopping with the sole intention of not looking like anyone else. It was such an enormous relief to finally break free of the constraints of popular fashion and feel like the clothes I wore were about me, not other people.

But it all went tits up around five years ago, when a major crash of confidence made me want to go unnoticed again. My vintage wardrobe attracted attention, and that was exactly what I didn't want. Bonkers dresses, funky prints and vibrant colours represented a happy me, but as work dried up, and various other aspects of my life started to fall apart, 'Happy Dawn' disappeared for a bit, and my new style snuck in to reflect that. I opted for black everything. I lived in leggings, T-shirts, cardigans and plain black boots. Simple, unambitious, boring. Friends and family noticed and asked where all my clothes had gone. In many ways, I was still doing what I had always wanted to do: express myself through what I wore. But the me I was expressing was sad and bleak. I should have tried to disguise that, really.

Happily, I eventually pulled myself together, and as my confidence crept up again, I highlighted it daily with an outfit that showed the world I was back on track. I felt like the lights had been turned on again, and my beloved vintage clothes had a lot to do with that. I'd been hiding behind a bland exterior, but maybe if I'd kept wearing the clothes I loved, it wouldn't have taken me so long to reemerge.

And now I'm back to being me. More than ever. My clothes inspire my confidence and my confidence inspires my clothes. Fashion is fun again, and that comes from committing to my original promise – to use fashion as an opportunity to express the part of myself I want people to remember, and not have it dictate who I should be. It's pretty simple, really. G

What do you reckon? Tweet me @hotpatooties #GlamourMagUK



I'm LOVING

Call me odd, but I love cleaning my teeth. I also love toothbrushes. But I don't like electric ones that have to sit in a white pot by my sink. So my answer is the Oral B Pulsar. It's a disposable toothbrush that vibrates. Total game changer!



Auntie Twit

Dawn solves your problems (well, sort of) in 140 characters

@hotpatooties 20 and feeling like I've wasted my life already, try solving that feeling.
@taylerr94 *mum voice* How can you have wasted your life when it's just begun? AND rather than dwell, work out why u feel like that, and change it.

@hotpatooties I'm trying to decide on a career change but I'm scared to take the plunge…
@ClareCurves DO IT DO IT. You will never regret being brave and making the kind of choices that stop life being boring. Go for it!

@hotpatooties How can I boost my self-esteem?
@LMG1968 Don't compare yourself to other people, stop telling yourself you are not capable, and have a great night out with the girls.

@hotpatooties Out of debt for first time in adult life, but debt was kind of defining. Now terrified of spending. How do I find balance?
@ailsabm I love spending so BAD person to ask. BUT just spend your money on the things you really love. Then you won't regret it.

In the NEWS

I've always imagined that movie moment when a pilot says, "Is there a doctor on board?" Well, it happened on a flight from San Francisco to Phoenix a while ago (I wasn't on it), when a woman went into labour and gave birth before they could land in LA. All was well, but imagine the drama! I hope if it ever happens when I'm on a plane, it's for something small, like the hiccups!

Portraits: Matthew Eades. Make-up: Aimee Adams at Sixty One Productions. Hair: Tim Pateman at Phamous Artists. Nails: Sophie Harris Greenslade at Emma Davies Agency. Photograph: Alamy. Dress from a selection williamvintage.com


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***For Business Users only. Initial rental and VAT applies.** Available on new sales of CT200h Advance Plus when ordered, registered and financed between 7 January 2015 and 31 March 2015 through Lexus Financial Services on Lexus Connect Contract Hire. Advertised rental is based on a 3 year non maintained contract at 10,000 miles per annum with an initial rental of £1,614 + VAT. Excess mileage charges apply. Other finance offers are available but cannot be used in conjunction with this offer. At participating Lexus Centres. Lexus centres are independent of Lexus Financial Services. Terms and conditions apply. Indemnities may be required. Finance subject to status to over 18s only. Lexus Financial Services is a trading name of Toyota Financial Services (UK) PLC. Registered Office: Great Burgh, Burgh Heath, Epsom, KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. The MPG figures quoted are sourced from official EU-regulated test results. They are provided for comparability purposes, and may not reflect actual driving experience.

CT 200h Advance plus fuel consumption and CO_2 figures: urban 68.9 mpg (4.1 l/100km), extra-urban 70.6 mpg (4.0 l/100km), combined 68.9 mpg (4.1 l/100km), 94g/km CO_2 (11% BIK)

Hey, it's OK...

…if you just have one of those heads that doesn't suit a hat. There are other ways to accessorise

…if coming home to an empty house = total bliss

…to 'borrow' a dollop of your housemate's fancy conditioner – you *know* she's at your cleanser

…to marvel at women who can do the perfect eyeliner flick on the train. Seriously, how?



She was determined to start bare-leg season early this year

…if you have to keep deleting selfies to free up memory on your phone

…to feel like the only person in the world who isn't watching *Scandal*

…to dramatically tut when someone elbows past you and blatantly skips the bar queue. RUDE!

…if the first thing you do in a hotel room is bounce on the bed

…to sprint for the bus, then act all nonchalant when you miss it (with thanks to GLAMOUR reader @sallybrows)

…if it takes three alarm snoozes to get you up in time for work, but come Saturday you're wide awake at 7.30am

{ Want to see your own ideas here? Tweet us something we've never heard before @GlamourMagUK #HeyItsOK }

By Hanna Woodside. Photograph: Sarah Cresswell/The Licensing Project


Well, he *had* asked her to rip off his clothes...

Let the SEX games begin

Stuck in a foreplay rut? Amp up the fun with these X-rated ideas

1 THE SEXY TEASER

How to play Lie naked about five steps away from your partner. Ask them a series of sex questions like, "Where was the riskiest place we ever did it?" and "Where do I love to be kissed?" For each correct answer, they get to move one step closer to you, but if they're wrong, they take a step back. Keep it light and avoid things like, "What's my best feature?" – the idea is to end up in bed, not with one of you sleeping on the sofa. Positive questions like, "When was my strongest ever orgasm?" mean that even if they get it wrong, they're still thinking of an amazing time and reminding you of a sexy encounter. Once they reach the bed, the action can start.
How it helps "Watching you naked – while talking about shared experiences – will build up the lust factor," says Rebecca Reid, editor-in-chief of *AFT (About FCKING Time)* magazine.

2 THE RAUNCHY REVEAL

How to play You both write out a list of fantasies you'd like to try – anything from specific role-play to masturbating in front of each other. Put each idea in a bowl, then sit facing each other and take turns to pick one out and read it in silence. Place the fantasies you like in your own pile and discard the others. Once you've read them all, exchange piles and discover what you both fancy trying. Pop your respective 'yes' lists in a jar in your bedroom and whenever you're stuck for inspiration, look to the jar.
How it helps "Talking about what turns you on can be embarrassing, especially if your partner doesn't share a specific fantasy," says Reid. "This game takes the awkwardness out of the equation, but you still get to reveal your raunchy thoughts."

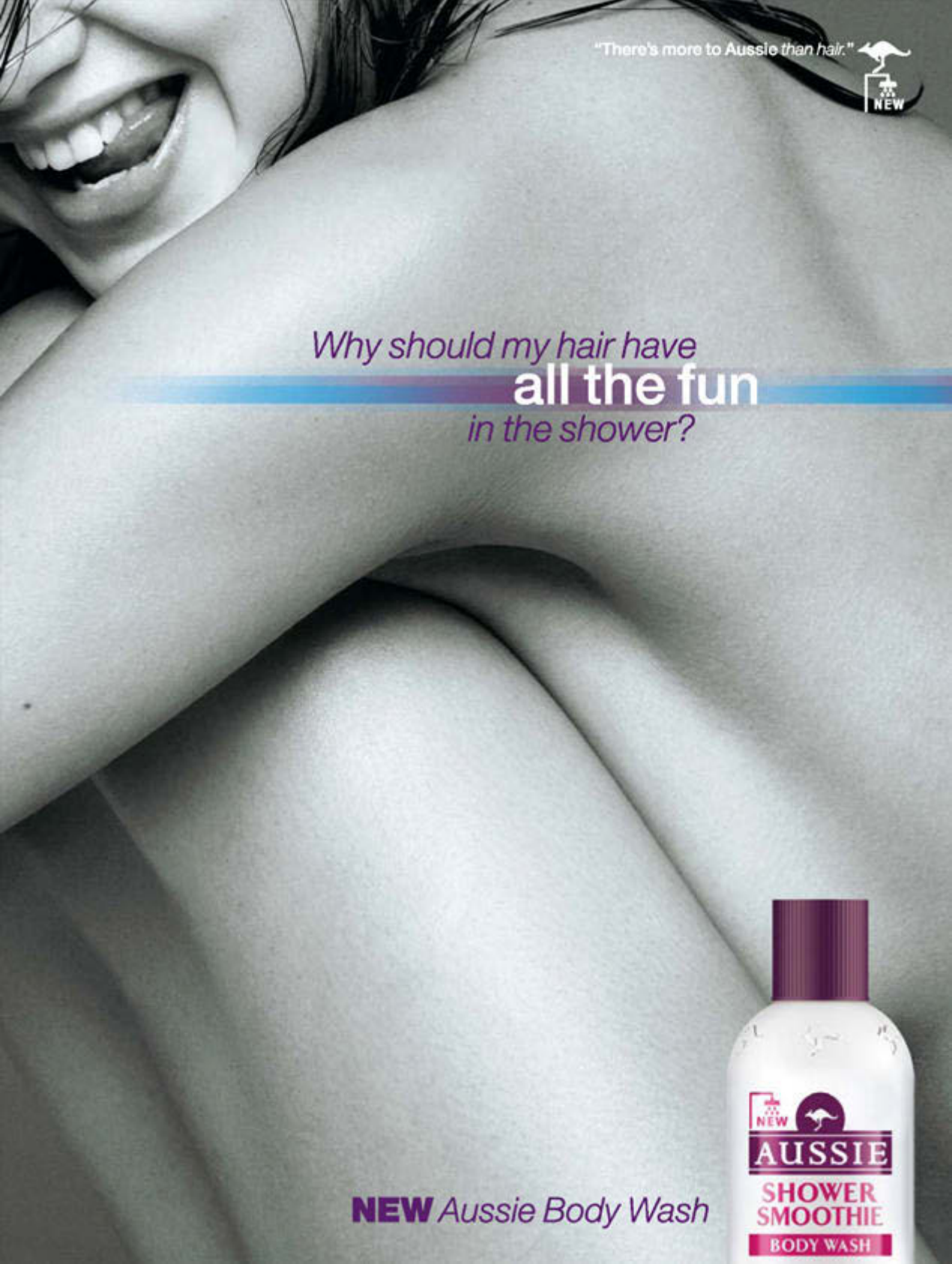
3 THE EROTIC STATUE

How to play Have your partner sit, fully clothed, in a chair that allows you easy access to all sides of their body. Set a timer for 10 minutes – once the countdown starts, the object of the game is to tease, kiss or undress your partner in a bid to get them to respond in some way. You can do anything you think will make them putty in your hands, but if they move (involuntary movement doesn't count), they owe you a 20-minute massage.
How it helps "There are no 'losers' in this game as the build up of erotic tension is going to result in good sex, either before or after the timer dings," says Lorelei Sharkey, co-author of *150 Shades Of Play*. "It's also a gentle introduction to playing with power dynamics or BDSM, without having to call it by name, which can be off-putting."

4 THE DIRTY TALKER

How to play Find a pack of cards and deal both of you an entire suit. Take turns to say words and phrases to do with sex and 'rate' one another's answers using your cards. For example, 'cock' might score a high king but 'vajayjay' might only get a two. Build up to phrases: "I want to taste you." The aim is not to out-dirty talk each other, but to discover words that turn you on, bearing in mind that what sounds sexy to him might do nothing for you. Then, with your new top-rated vocab, take things to the bedroom.
How it helps "Most couples fall into a routine when it comes to what they say in bed, and some say nothing at all – but, just like certain kisses, words can increase arousal," says Durex sex expert Susan Quilliam. "This game broadens your vocabulary and saying the words out loud heightens the sexual tone."

By Lisa Harvey. Photograph: Chris Craymer/Trunk Archive. emandlo.com


"There's more to Aussie than hair."
NEW
Why should my hair have
all the fun
in the shower?
NEW Aussie Body Wash
NEW
AUSSIE
SHOWER
SMOOTHIE
BODY WASH

Phew, an IMPERFECT proposal

Not all of us want a singing flash mob, a skywriting plane or a YouTube-worthy extravaganza when we get engaged – low-key and laidback can be *just* as romantic


We'd probably beg for a date with Ryan, too

"Jack proposed to me on a Post-It note. We often leave each other notes on the hall table in the morning – 'Can you get milk?', 'I'll be home late tonight,' etc – but that day it was, 'Will you marry me? Think about it…' He knew that I hate being put on the spot; I'm the kind of person who needs time to think things through, especially with something as big as getting married. When he came in that night, I had my Post-It answer waiting: 'Yes!'" ***Kerry, 35***

"I'd had my head in the toilet all morning after a massive night out. It was an epic hangover, and I was looking pretty rough. So you can imagine my surprise when I found my boyfriend waiting in the bedroom with a diamond ring. 'How can you want to marry me right now?' I asked, incredulous. 'I literally have sick in my hair.' 'Well, if I can love you now, I'll *always* love you,' was his answer." ***Sophie, 32***

"We'd just got back from a friend's lavish wedding. We'd spoken about getting married before, but knew we'd have to save loads. That night, over a takeaway curry, I blurted out, 'I don't want to wait: we love each other just as much as they do, let's get married this year and forget about the big wedding.' Turns out, he had a ring in his pocket – he'd been wanting to do the same thing. We got married three months later in a register office and I'm so glad we didn't waste any more time." ***Sarah, 33***

"My boyfriend brought me up a cup of tea in bed in the morning and we snuggled up and watched *Saturday Kitchen*. He turned to me and said, 'I want to do this every Saturday with you – for the rest of my life. Will you marry me?' It was totally spontaneous, and there was no ring, but it was perfect." ***Louise, 33***

"My fiancé had planned a romantic picnic to propose, but I'd unknowingly ruined it by announcing I was going shopping. He insisted on meeting me afterwards and made us wander round Glasgow as he tried to find a romantic spot. But it started pouring, so we ran into a dodgy student pub. Exasperated, he ordered two pints and shoved the box into my hand: 'Here you go!' I burst out laughing – so *that's* why he'd been acting so odd. We had the picnic the next day to celebrate." ***Lauren, 27***

"Getting engaged on a Ryanair flight might sound like most people's worst nightmare, but it was strangely romantic. We were on our way back from a perfect holiday in the Canaries and feeling blue about heading home. I said something like, 'Urgh, there's nothing to look forward to now.' To which he replied, 'Well, why don't we get married when we get back?' We looked at each other, then I said, 'Yeah, OK, let's do it!' We toasted our decision with a beer off the trolley." ***Alex, 30***

"Adam and I had been together for ten years, we'd just bought a house and spent all our money, so I'd told him not to buy me a ring if he proposed. One day, we were out for a walk and he gave me a box, saying he'd got me something for the house: it was a silver keyring with 'Will you marry me?' engraved on it. It was quite lovely, actually." ***Becki, 28***

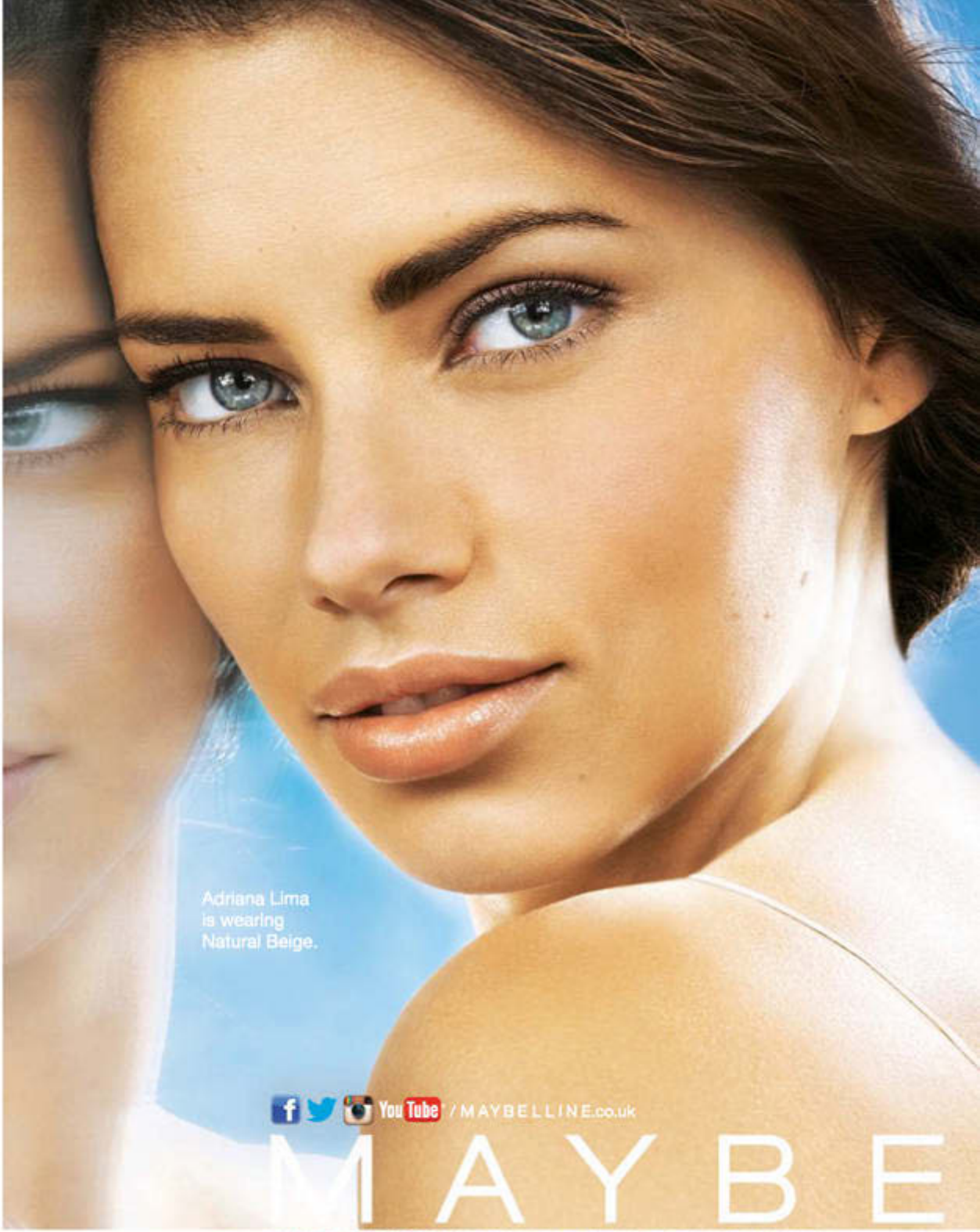
By Hanna Woodside. Photograph: Allstar

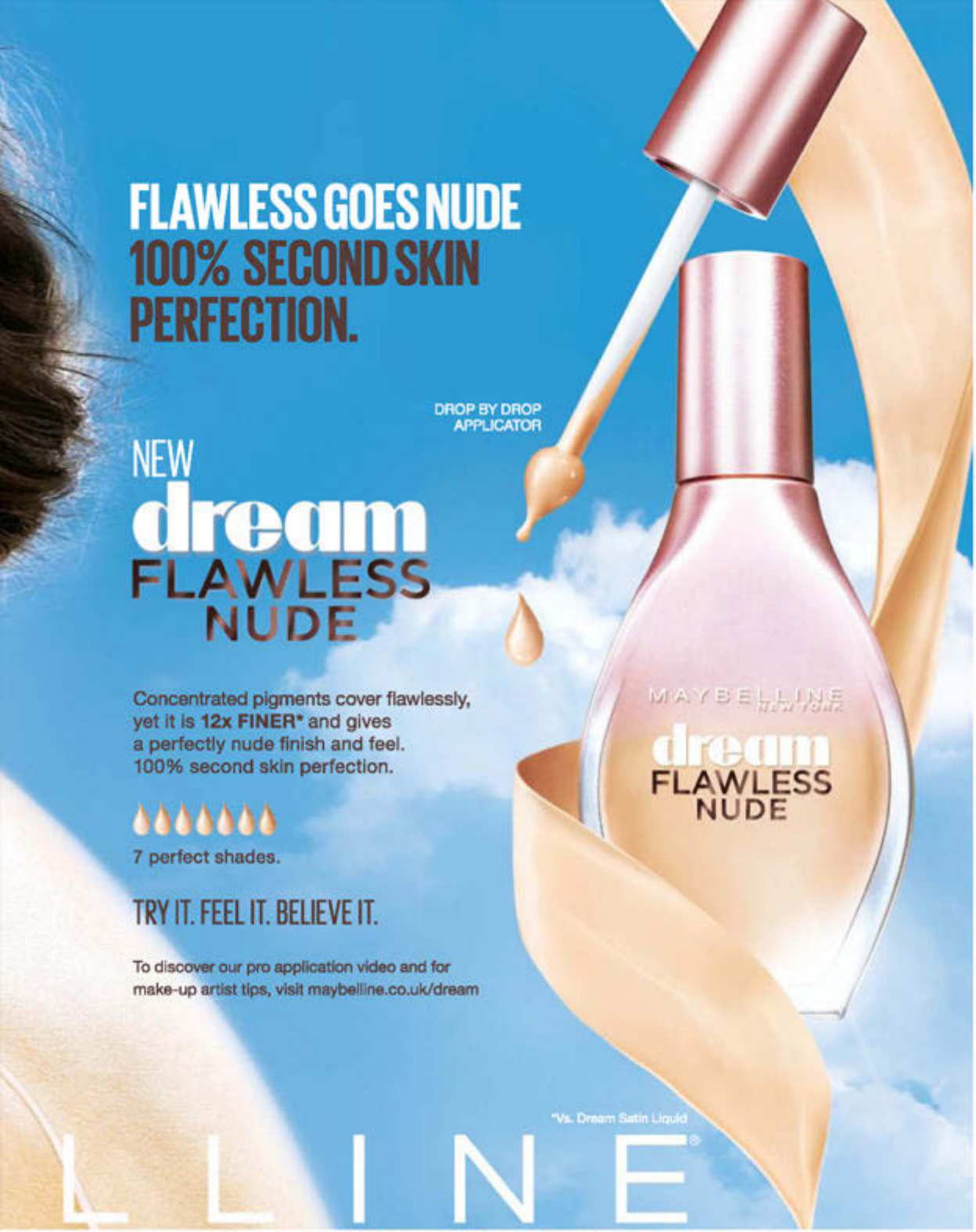
"There's more to Aussie *than hair.*"

NEW

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ingredients as much as hair does.
So give your **bod** *a taste of the bliss*
your hair's been experiencing
all these years. After all, who wants skin that's,
green with **envy?**




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Give yourself a PAY RISE

5 genius ways to feel richer – today



Hands up who avoids checking their bank balance. Us too. Research shows that 17 million people overspend each month, and a third of us run out of cash within a week of getting paid. Ouch. Yes, a lottery win or a pay rise would help money worries, but you can 'earn more' by spending less – and it's easier than you think. Here, savvy savers share their everyday tips – ones that *really* work – to help your finances go further.

1 "Since I started saving for a deposit for a house, I avoid certain expenses – buying my morning coffee, getting taxis or random nights out – and put the money I would have spent in an *actual* jar at home, before transferring one lump sum (usually £100-150) into a savings account at the end of the month. It's nice actually seeing the money physically tot up over the month, too." **Hannah, 26**

2 "My flatmates and I use the Splitwise app to keep on top of the money we owe each other for bills, household essentials and group gifts. It enables you to settle up fairly and even sends reminders. Having all that in one place makes it so much easier to manage daily outgoings and avoids that awkward 'You still owe me a tenner' chat." **Corinne, 25**

3 "Each Monday, I take out a set amount of cash for the week, say £100, depending on my budget, to spend on food, day-to-day expenses and socialising – and I don't let myself pay for anything on card. Actually seeing how much money I'm using, and how much I have left, keeps me on track. If, by Thursday, funds are looking low, I'll pull back. You have to be strict, but it's made me more aware of the value of money – my bank balance is in better shape." **Lou, 34**

4 "Two years ago, my boiler broke straight after Christmas and it threw my finances into turmoil, as I never had a buffer in the bank for emergencies. Now, I put £3 a day into savings for unexpected costs. I set up a direct debit, which I barely notice, and within a year, I had £1,095." **Jayne, 35**

5 "A friend in marketing told me about sites that pay you to fill out online surveys. It's not a life-changing amount, but answering polls and giving feedback on sites like MySurvey, OnePoll and Ipsos has helped me earn £200 in six months. Sometimes you have a withdrawal target to meet before they pay, but the 'rewards' are often paid in cash via PayPal, or in vouchers for places like Amazon or John Lewis." **Beth, 28**



THE SUPER SAVER'S APP

Money Dashboard takes the drag out of saving by letting you view all your accounts in one place. The graphics help make sense of your daily spending and break down your outgoings. Hate budgeting? It even shows you what's safe to spend each month and what's left over to save.

By Lisa Harvey. Photograph: Jonathon Kambouris/Gallery Stock



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LET IT GO!

Trying to do everything yourself = stress overload. It's time to learn the art of delegation

Struggling to step back or share the load at work? You're not alone. Professor John Hunt of London Business School says only 30% of managers think they delegate well. So, what's the problem? The D-word sounds negative: some assume it's passing on the dirty work; others think it's weak to ask for help. The reality? It's empowering. "If you don't delegate, you're denying someone else an opportunity to shine," says David CM Carter, author of *Breakthrough*. It also frees you up to focus on the bigger stuff that will get you noticed by your boss. In short, it's the key to getting ahead.

CHOOSE WISELY

Where to start? Look at your workload and work out what you *can't* delegate (things that only you can do), then divvy up the rest. "When allocating tasks, it's a lot quicker – and less painful all round – for people to get up to speed with an activity that is an extension of their current work, rather than something completely new," says Tony Crabbe, business psychologist and author of *Busy*. So, if you have a report that needs writing, make sure you ask the best writer in your team, rather than the person who merely looks least busy. "And remember," adds Crabbe, "it's not about you as an individual worker losing control by delegating – it's your chance to raise the quality of the whole team by sharing tasks."

IT'S ALL IN THE ASKING

You've plucked up the courage to delegate, but the person bats it back, saying they're too busy. What to do? Frame your request in the right way. "We often sidle up to someone with small talk, then ask if they'll do us a 'favour'," says Crabbe. "But that instantly puts them in a position of power, and they're more likely to decline." Instead, give it to them straight: tell them what needs doing and what it will achieve. If they say they can't fit it in, go through their workload and help them re-prioritise.

GIVE A CLEAR BRIEF

Avoid someone doing a shoddy job by giving a strong brief. "Don't assume people know what you're asking them to do," says Carter. "Once you've delegated, check that the person understands what they're doing – and agree on a follow-up system so you can check their progress." Our brains aren't great at taking in lots of instructions at once (hence that zoning out when we ask someone for directions when we're lost), so make sure the two most important things are crystal clear: the outcome required and the deadline. If people's work falls below standard, coach them to improve.

SEE THE BIGGER PICTURE

"It might be quicker to do the job yourself today, but that mindset won't help in the long-term," says Carter. Yes, you might have to hold someone's hand for an hour to guide them through the first, even second, round, but you'll gain extra hours in the day when they learn to do it unsupervised in the future. Also, give people the chance to do a task *their* way – having that responsibility will encourage them to do a good job.

TAKE IT HOME

Delegating is a transferable skill, so deploy it outside of work, too. "Using the word 'because' increases the chance of people saying yes by 50%," says Crabbe. So, instead of yelling at your flatmate, "Can you clean the bloody bathroom?" try, "Please can you clean the bathroom, because I'm going to yoga and I won't have time." Ditto if you're always the planner in your gang: "Hi girls, please can one of you sort dinner on Saturday, because I'm working late all week."



By Kerry Potter. Photograph: Will Whipple


JIMMY CHOO
BLOSSOM
THE NEW FRAGRANCE
JIMMY CHOO
BLOSSOM

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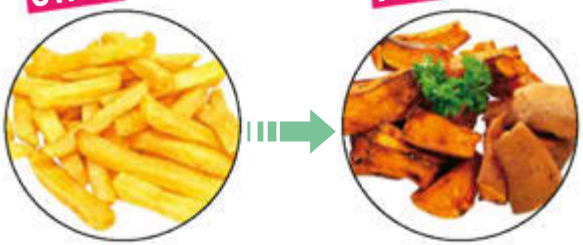

TOPSHOP

BEAT the CARB coma

Just add these energy-packed alternatives to your dinner repertoire

When temperatures drop, cravings for stodgy carbs soar. Think buttery mash, moreish rice and steaming bowls of pasta. But all that comforting deliciousness can leave us needing a lie-down. "We need carbs for energy, but we tend to eat way more than the recommended daily allowance [300g], which can have the opposite effect," says nutritionist Amanda Hamilton. "Instead, mix it up with higher-fibre wholegrain alternatives combined with vegetables – they'll help you stay fuller for longer (minus the bloat), and give a health boost, too."

SWAP CHIPS... FOR ROASTED SWEET POTATO WEDGES



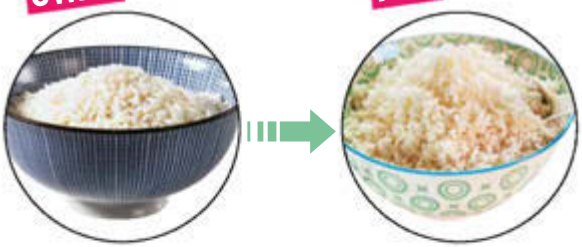
Why? "They're rich in beta-carotene, an antioxidant that's good for your immune system and your skin," says dietitian Priya Tew. They also have enough carbohydrate content to fill you up, but a lower glycemic index (GI) than white potatoes, which helps you avoid dramatic spikes in blood-sugar levels, providing a more balanced release of energy. **Great, how do I make them?** Cut one medium-sized sweet potato (approx 100g) into wedges and arrange on a baking tray. Season with salt, pepper and a drizzle of olive oil, then roast in the oven for 30 minutes at 200°C. Serve with grilled chicken or fish.

SWAP PASTA... FOR COURGETTI



Why? Yep, that's spaghetti made from courgettes – and it really does work. "For hard-core pasta lovers, courgetti is a lighter alternative and more flavoursome," says Tew. "It's also a great source of potassium, which your body needs to manage blood pressure." **Great, how do I make it?** Allow two courgettes per person. Use a vegetable peeler or mandoline slicer to make long strips of courgette, and use a sharp knife to cut them into thin spaghetti strands. Then, soften the courgettes for five minutes in a pan with a bit of oil. Serve with pesto and lentils.

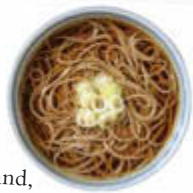
SWAP WHITE RICE... FOR CAULIFLOWER RICE



Why? "Cauliflower is one of best carb copycats, thanks to its firm texture," says Hamilton. "It also has plenty more vitamins and nutrients than white rice, including vitamin C and vitamin K, which is good for bone strength. And, like all cruciferous vegetables (broccoli, kale, cabbage etc), cauliflower contains nutrients that help detox your liver." **Great, how do I make it?** Chop a medium-sized cauliflower into florets, then pulse it in a blender or use a grater to get rice-like grains. Sauté half a small onion and two cloves of garlic, then add the cauliflower rice and cook for five minutes. You'll have enough for two portions. Serve with three-bean or turkey chilli. Or, you can even use it to make mash. Simply chop and boil one cauliflower for 10 minutes, drain and mash.

KEEP IN THE CUPBOARD

Buckwheat noodles



"Buckwheat is a wholegrain, so you get a more satisfying, slow energy release," says dietitian Laura Clark. "It's also high in fibre and B vitamins and, unlike regular egg noodles, buckwheat noodles (also called Japanese soba noodles) are fat-free."

SWEET TREAT **Fluffy coconut flour pancakes**



Planning pancakes for Sunday brunch? "Instead of plain white flour, which is over-processed, try coconut flour," says Hamilton. "It's higher in protein and the coconut flavour means you can add less sugar."

By Hanna Woodside. Photographs: Alamy, StockFood, Getty Images. Amanda Hamilton, amandahamiltondiet.com; Priya Tew, dietitianuk.co.uk; Laura Clark, lecnutrition.co.uk

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Everybody RISE

Because this smart new workout (which stands for Resistance, Intervals, Stretching and Endurance) gets results. The scientifically proven cocktail of moves speeds up your metabolism, tones your whole body and never gets boring. "Surprise your body every workout and you'll stay challenged, which means you'll continually grow firmer, faster and fitter," says exercise scientist Paul Arciero, the guy behind the concept. Here's your new weekly programme…

Monday

RESISTANCE

45 minutes

"Also known as weight training, resistance exercises are the best way to tone muscle," explains James Trevorrow, national product innovation manager at Virgin Active. "The more toned you are, the faster your metabolism." That means you burn more calories when you're lying on the sofa watching *Girls*.

START WITH



Lunges, squats and kneeling press-ups, which work your biggest muscles. Do 10 of each, then rest for 30 seconds, and repeat seven times.

WORK UP TO

Adding weights. "Hold 5kg weights in each hand as you lunge and squat," says Trevorrow. Upgrade to full press-ups or challenge yourself with a high-energy circuit class, like the new Grid at Virgin Active.



Wednesday

INTERVALS

20 minutes



"Alternating intense bouts of cardio with fixed less-intense activity improves fitness and burns fat fast," says Trevorrow. How? "Switching to a high gear after chugging along makes your muscles work harder to get and process oxygen – which means they're still working even after you've finished."

START WITH

A gentle three-minute jog, followed by 20 seconds of sprinting all-out. Repeat for 20 minutes. Think: sprint, recover, repeat.

WORK UP TO

Increasing your sprint by 10 secs until you can go all-out for one minute, with three minutes of recovery. Vary your cardio – alternating running with skipping or spinning.



Thursday

STRETCHING

45-60 minutes

"Flexibility is an essential pillar of your workout plan," says Arciero. "Yoga is one of the best ways to combat stiffness – and being supple will make other elements of your workout easier." If you can't get to a studio, check out online classes at yoga glo.com.



START WITH

Gentle types of yoga, like Yin or Hatha, which focus on breathing exercises and holding simple restorative postures for a long time.

WORK UP TO



Jivamukti and Ashtanga. These classes involve more flowing movements and strength poses, including chaturanga, which is like a press-up. Be prepared to sweat as you stretch.

Saturday

ENDURANCE

60 minutes+



"Unlike intervals, where you do bursts of high-intensity exercise, endurance is about sustaining a steady pace for a long time," says Arciero. "Maintaining a rhythmic exercise, like running, cycling or swimming, maximises blood flow to the brain, and sets you up for the buzz known as 'runner's high' – and it strengthens your heart."

START WITH

30 minutes of cardio. "Try to maintain a steady speed – think six out of ten on your effort scale," says Arciero. We naturally slow down during a long run, but an app like iSmoothRun (£3.99, iOS) keeps track of your stride and pace.



WORK UP TO

60 minutes, or more. "It will trigger high levels of endorphins, your brain's naturally occurring opiates, so you'll want to keep chasing that addictive rush," says Arciero.

By Kate Faithfull-Williams. Photographs: Terry Doyle, Getty Images, Alamy

TURN YOUR BIG HAIR OBSESSION INTO FULLER, THICKER-LOOKING HAIR THE **BLUE** ONE



THE **BLUE** ONE
#HAIR**OBSESSION**
WHAT'S YOURS?
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L'ORÉAL PARIS

HOW I  GOT HERE

ONE AMAZING JOB, THE REAL ROUTE TO GET IT



CLAIRE DAVENPORT

Claire, 42, is managing director of vouchercodes.co.uk and has built her career working for fast-moving companies



My best school subjects were science and maths. I got straight As, but back then, it wasn't normal for comprehensive kids to go to Cambridge. I couldn't believe it when I got in. During my degree, I interned at Deutsche Bank, and got the banking buzz.

EDUCATION

Natural Sciences, Cambridge University

After three years in my first job, I realised that as well as maths, you need business knowledge and confidence, which I lacked. So I did a one-year MBA. I learnt about economics and strategy but, more importantly, it taught me there wasn't this big secret that only people who studied economics knew: you *can* learn on the job.



I remember saying to my husband, "RTL (the leading entertainment network in Europe) want to know if we'd move to Luxemburg…" and he was like, "Go for it!" They had broadcasters in 11 countries and successful shows including *The X Factor*. After three years, and another baby, we moved back to the UK and I commuted. But it became too stressful, so I looked for something new.

My role was to help the CEO organise managing the company. I went to meetings with billionaire companies like eBay, and learnt about digital start-ups. I then joined Big Point (global video game developers) to oversee business development and marketing. Digital marketing involves data, so mathematical people have a role to play.

CAREER EXPERIENCE

1994
Analyst, Goldman Sachs

An ex said I wouldn't be able to handle investment banking. That was a red rag to a bull. I applied for jobs at the four top banks to prove him wrong – and got offers at all of them. Goldman Sachs sent me for training in New York. As an analyst, I researched the market to work out what companies were worth. It was intense – I worked seven days a week – but I loved the rush.

1997
Master of Business Administration, INSEAD

During my MBA, JPMorgan offered me an exciting role, helping to take companies public. Two years later, I was promoted to VP, responsible for the media and broadcasting investment-banking business across Europe. It was during the first internet boom, so lots of companies wanted to do business online. It was a great job, but the industry wasn't very mother-friendly at the time. I got married in 2004 and had a baby, but I loved working, so my husband became a stay-at-home dad.

1998
Investment Banking Associate, JPMorgan



2005
Executive Vice President of Strategy, RTL Group

I feel at home in fast-paced digital jobs where the industry is changing. At Vouchercodes, we have to keep up with technology trends that adapt to shopping habits. One of my career highlights was Black Friday last year: it was our best yet. After a glass of Champagne, I left to see my daughter in her first school play. I love being the breadwinner in the family, but work-life balance is important.

2009
Chief of Staff, Skype

2014 – present
Managing Director, vouchercodes.co.uk



CLAIRE'S LIFE LESSONS

1 Don't hold back. If you have an idea, speak up and take on new challenges that broaden your skills. 2 Network. Build relationships with people you find interesting – chances are they'll be the ones who help you shape your future career. 3 If you want to run a business, organisation is key. I've had a list since I was seven and learnt early on how best to get through it – it's a worthwhile skill.

By Lisa Harvey. Photographs: Getty Images

DON'T LET YOUR COLOUR OBSESSION FADE
COLOUR PROTECT IT
THE **RED** ONE

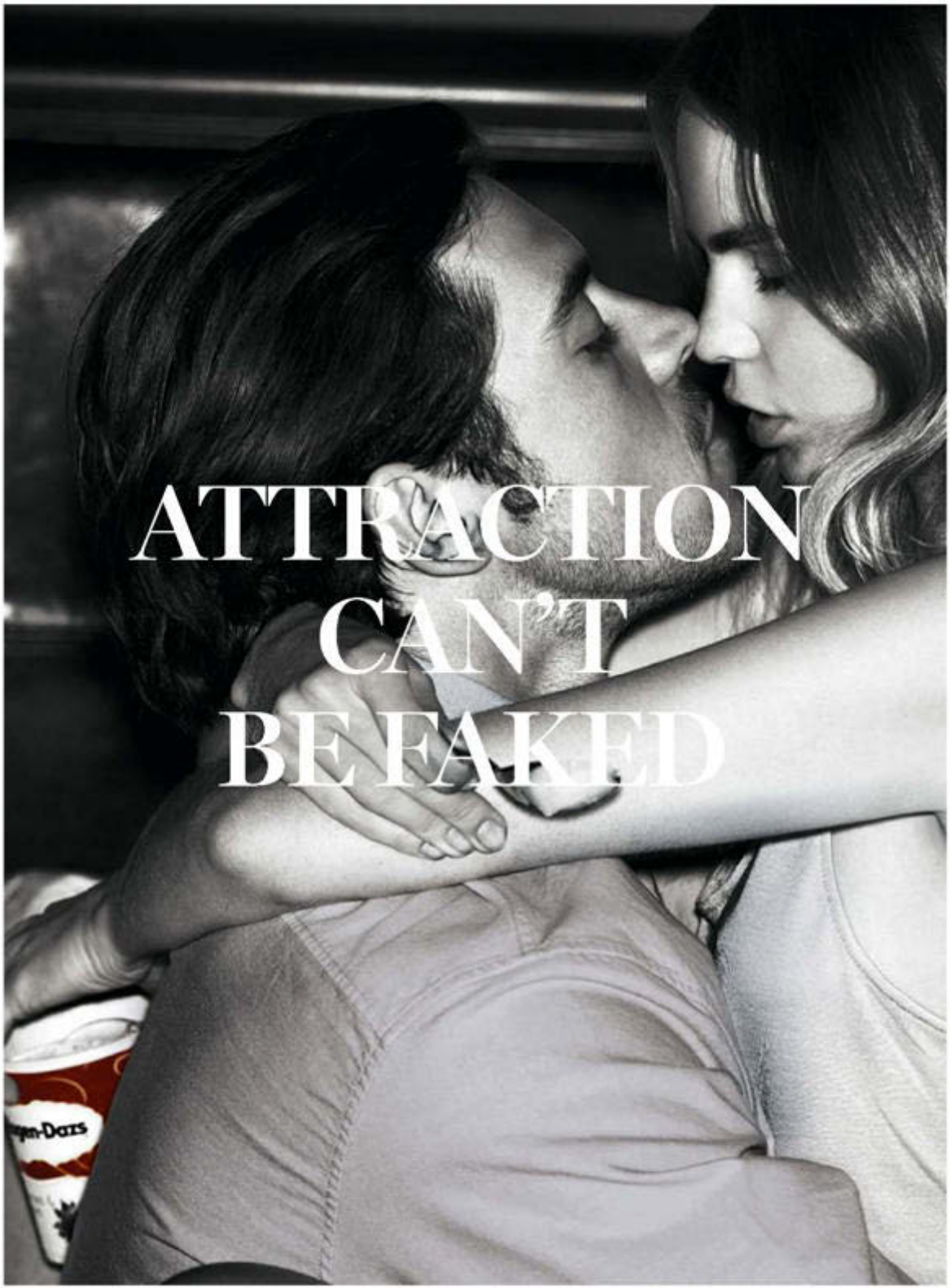


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NEW PEUGEOT 108

MOTION & EMOTION

PEUGEOT

GLAMOURSCOPE

How's March shaping up for you? Over to GLAMOUR astrologer **Maggie Hyde**, who has all the answers

Pisces

(February 20 – March 20)



Illustration: Andrea Byrne

Happy birthday, Pisces! Here's a sneak peek at the month – and year – ahead

Love You don't need someone who agrees with *everything* you say – but if your values are miles apart, can you really make it work? A frank conversation is make or break. If you're single, the 20th brings an exciting flirtation.

Work A one-off opportunity for a new post or freelance gig comes your way when Uranus and Jupiter exert their influence on the 3rd. It's a confidence booster, even if you decide to turn it down.

Friends A new buddy and an old friend clash, leaving you in the middle. Don't worry, they'll sort it out between them soon enough. Meanwhile, a mate having a meltdown needs you; a night out will take their mind off things.

Money Your conscientious approach to cash over the past few months means you're in a better position than usual – but the temptation to blow it all is hard to resist.

Your year ahead A relaxing Easter with family recharges your batteries for a full-throttle summer. Work is mega busy until July, but your CV is super-charged with all your new experience. In your love zone, Jupiter's appearance on August 11 starts you questioning what you want from a relationship. The uncertainty continues into autumn, but you're feeling settled by late October. The end of 2015 brings a fun-filled friendship with a Scorpio, and you'll be plotting adventures together into the new year. ▶

GLAMOURSCOPE

Aries

(March 21 – April 20)

Rebellious Uranus is in your sign and you've had enough of being told what to do at work. It prompts you to explore a way to be your own boss; talk to a friend who's done just that. When it comes to love and dating, someone's mistaken you for a pushover: it's time to set them straight.

Taurus

(April 21 – May 21)

It's all change in your home zone. Whether you're house-hunting or finding a new flatmate, the 17th will bring a breakthrough. In your professional life, a training session or presentation sparks an idea – flesh it out before you share it with colleagues.

Gemini

(May 22 – June 22)

Convincing yourself that you have what it takes is the first step to impressing everyone else. And, with Neptune on your side on the 17th, it's the perfect time to wow. Outside work, you're in demand, so make sure you're ready to juggle your plans.

Cancer

(June 23 – July 23)

A huge to-do list needs tackling, and you can't put it off any longer – you'll feel way better once you've blitzed it. Your relationship reaches a new level of commitment when your partner lets go of the past.

Leo

(July 24 – August 23)

This month is about getting active – you'll feel re-energised. Watch your spending, otherwise the sun's eclipse on the 20th will see you up the creek without a paddle. Meanwhile, a heartfelt chat reveals a new side to someone you'd written off as shallow.

Virgo

(August 24 – September 23)

A family meet-up around the 16th has the potential to be explosive and it's up to you to keep the peace – take a friend with you for back-up. The sun's eclipse on the 20th tests an intimate relationship, but making it last is about learning to adapt.

Libra

(September 24 – October 23)

An alpha type is causing you problems at work, but your colleagues can see what this person's like – in fact, your cool head under pressure wins their admiration. Elsewhere, a happily single friend encourages your independent streak and helps you to set your own agenda.

Scorpio

(October 24 – November 22)

Hitting all your targets at work and juggling a jam-packed social diary at the same time makes you a total powerhouse this month. But be mindful of a friend or relative who's not coping with life quite as well – you're the only one they feel they can talk to, and they need your advice.

Sagittarius

(November 23 – December 22)

When a 'where am I heading?' crisis hits, give your family a call – they might surprise you with their insight. As for your love life, someone wants to spend *all* their time with you, but you're keen to hang on to your independence. The solution? Encourage them to do the same.

Capricorn

(December 23 – January 19)

You've taken a project as far as you can by mid-month, then it's time to hand it over to someone else. Resist any urge you have to interfere after that – it's not your problem any more. Work aside, an email or text from someone you thought you'd said goodbye to comes as a surprise on the 16th.

Aquarius

(January 20 – February 19)

You're getting chatted up left, right and centre right now: great news if you're single, but a little more tricky if you're already coupled up. It's OK to enjoy the attention, though. At home, a friend descends on you and asks you to put them up. You want to be generous – but make sure that you're firm about exactly when they'll need to leave. G

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Rozy

"Skin looks more radiant, thank you Clarins"
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*Source: The NPD Group Jan-Oct 2014.

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CLARINS



"IS YOUR INBOX FULL OR ARE YOU JUST PLEASED TO SEE ME?"

📩🍆👍👀😍



Despite Jamie Dornan's best efforts, day-to-day stuff often gets in the way of our sex life. But one therapist has a plan to reverse that – and it starts with an email. **Gemma Askham** learns how to get e-roused

When it comes to getting some action, my inbox has it nailed. It's constantly looked up and down, regularly has its buttons pressed, and is always turned on – unlike its owner. Because, while *Fifty Shades Of Grey* tantalises the box office, many of us are spending too long in the actual office.

But it's not just work stopping me having sex so wild I get eye-rolls from the neighbours. My partner works away Monday to Thursday, where his start time is 4.30am. Last week, he fell asleep at 9.30pm on both Friday and Saturday – fully clothed, fully flaccid. I think he's the best-looking man in the world, but right now, we're more likely to make fart jokes than love.

So, I was intrigued by a new concept that uses our inbox addiction to reboot our sex life. A kind of electronic Viagra, The Arousal Plan is a ten-week course of daily email assignments to make you more excited about sex. Or, in the barrage of work, spam and Facebook updates, to remind you that sex actually exists.

It's the latest innovation from Sarah White, the 28-year-old New Yorker who made headlines when she launched Naked Therapy in 2010 – a unique form of one-on-one sex counselling done via webcam, in which Sarah strips to her underwear to encourage openness.

> "Too many of us don't prioritise sex and don't know how to communicate about it"

"I was only reaching men, so this time I wanted to target a female audience," says Sarah. So she devised The Arousal Plan with three things in mind: women, time – she knew she could probably only steal our attention for 20 minutes a day – and changing attitudes to sex. "Too many of us don't prioritise sex and don't know how to communicate about it," she adds.

Realising that texting an aubergine emoji probably didn't count as communicating, I signed up for a short course. I liked the idea it would boost my sex life and make me feel aroused by life in general. Here are the highlights.

SUBJECT GAIN A POSITIVE ATTITUDE TO SEX

TODAY'S TASK Think back on your best sex experience – channel it to get in the mood

The first email reminds me of those fun quizzes that tell you which boyband member you're most compatible with: there are a few questions about you (What are your sex goals? What are your best sex skills?) – then, based on your result, a task is emailed over daily. Today: "Overcome the blockages in your life to a pro-sex position." By pro position, she doesn't mean headstands. She means being up for it. Since my default position has become indifference – and, like trying to shop with a hangover, achieving good sex with an 'urgh, *now*?' enthusiasm never met a good end – Sarah suggests a trick to get re-excited about sex. This involves thinking back to a great time that it happened in the past – and being open to using that formula again. Stockholm, September 2014: we were getting dressed for a wedding, I was wearing only Louboutins, and, well, we were nearly very late for that wedding. Those shoes did things. But the spontaneity, the initiative – *we* did that. Go us.

VERDICT One big sex pat on the back. And yep, it works. ▶

SUBJECT GET ACTIVE TO FEEL SEXIER

TODAY'S TASK Use physical activities to help you access more sex

Sarah swears by body confidence as sexual catnip, but the workout that gives it to you does more for arousal than even your personal trainer probably realises. Genital arousal needs blood flow, and that's exercise's skill. According to research from the University of Texas, 20 minutes of exercise at 7/10 on the effort scale is ideal physical foreplay. After cardio, arousal rises for five to ten minutes; add in strength training and you're looking at 30-45. Unfortunately, Sarah's email came when my boyfriend was away, which pulled the plug on my motivation to get into Lycra. But it did reassure me that the time I felt extremely sexual after an exercise class was not me being a weird pervert – it was me having excellent circulation, *everywhere*. (Now there's a thought next time you're looking around the gym.)

VERDICT Theory learnt – from my sofa.



"Chat together as if your sex life depends on it (it does)"

SUBJECT SHARE EMOTIONS TO SHARE INTIMACY

TODAY'S TASK Talk together about what specific things are holding you back from being emotionally available

Yes, it's easy to read that and think, 'Hmm, that's a bit too much like therapy speak for me.' But all it really means is that you should both give each other the space to talk about your feelings. Because we all have barriers standing between us and wanting sex. You could secretly be scared a new partner will screw you over; you could be seething about that thing your husband said to your mother. But it's not the issue that's the problem – it's the silence. This struck a huge chord with me, reminding me of a pivotal conversation in my relationship, which came about two months in. Back then, after a decade of dating and being dented by dating, my barriers were glacier-thick. I gave my partner the smallest drop of emotional vulnerability – and thought I was being super-cool and desirable in doing so. In fact, I was crushing him. And I'm proud he had the balls to open up – to admit to me he didn't know if I fancied him, to admit to me he wanted to be sexually desired – because it gave me the chance to explain, and to thaw. Now, I'm about as icy as a summer's day, and it rocks.

VERDICT In sex, silence sucks. It's a lesson I'd learnt already, but it's a good one. Chat together as if your sex life depends on it (it does). ▶



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SUBJECT SHAKE IT UP TO KEEP THINGS SPICY

TODAY'S TASK Do something out of the ordinary in bed

The idea of keeping stuff fresh might not be new, but you can see why it makes sense. Even though I am the most routine-loving person ever – I used to have an actual fortnightly schedule of outfits – I get this. So, I decide my new thing will be shower sex. Don't scoff if you expected handcuffs and porn – I once bought a cock ring, I just need to build up to opening the wrapper. For me, the shower is good. (I was about to say golden, but that is not what's happening.) First, I put a lot of thought into the logistics: was it OK to wash my hair, as that needed doing too? What would we do about the cubicle door, as it doesn't shut and even showering solo floods the floor? In the end, we both got in… separately. Then went for a steak. Then had regular, how-we-like-it sex. With the curtains open! (Got to start somewhere.)

VERDICT An email can do many things, but it can't squeeze a 5ft 10in woman and a 6ft 3in man into a tiny shower cubicle. You need a builder for that.

WHAT I LEARNT...

If my course of e-rousal taught me one thing, it's to think about sex. Lots. Because in an age when the whole world is fighting for a slice of our attention, we're more likely to prioritise that hilarious picture of a goat riding an elephant than an activity that involves nudity, exertion and mopping up. The emails reversed that – and, weirdly, made me nicer. Because in thinking about sex, I also – naturally – thought about my partner. Living apart for two thirds of every week had made me lapse back into emotional coldness; we'd often go four days with no more contact than a good-morning and goodnight text. The emails hit home how important it is to prioritise the things you care about. Yes, sex, but also beyond the bedroom. I'd spent the days before 'sex week' wrestling with a job opportunity that my gut was screaming no to, but I felt I owed it to my bank balance to accept. By putting sex back on my agenda – something entirely personal and instinct-based – I realised I should listen to my gut. No to the job, yes to sex!

I would be turned on. It's just that...

"...I know I'll be shattered later"
Sex first. It's the No1 rule of 'says it like it is' sex columnist Dan Savage, who argues that we'll be too tired after that meal/party/boxset. Go now. Right now.

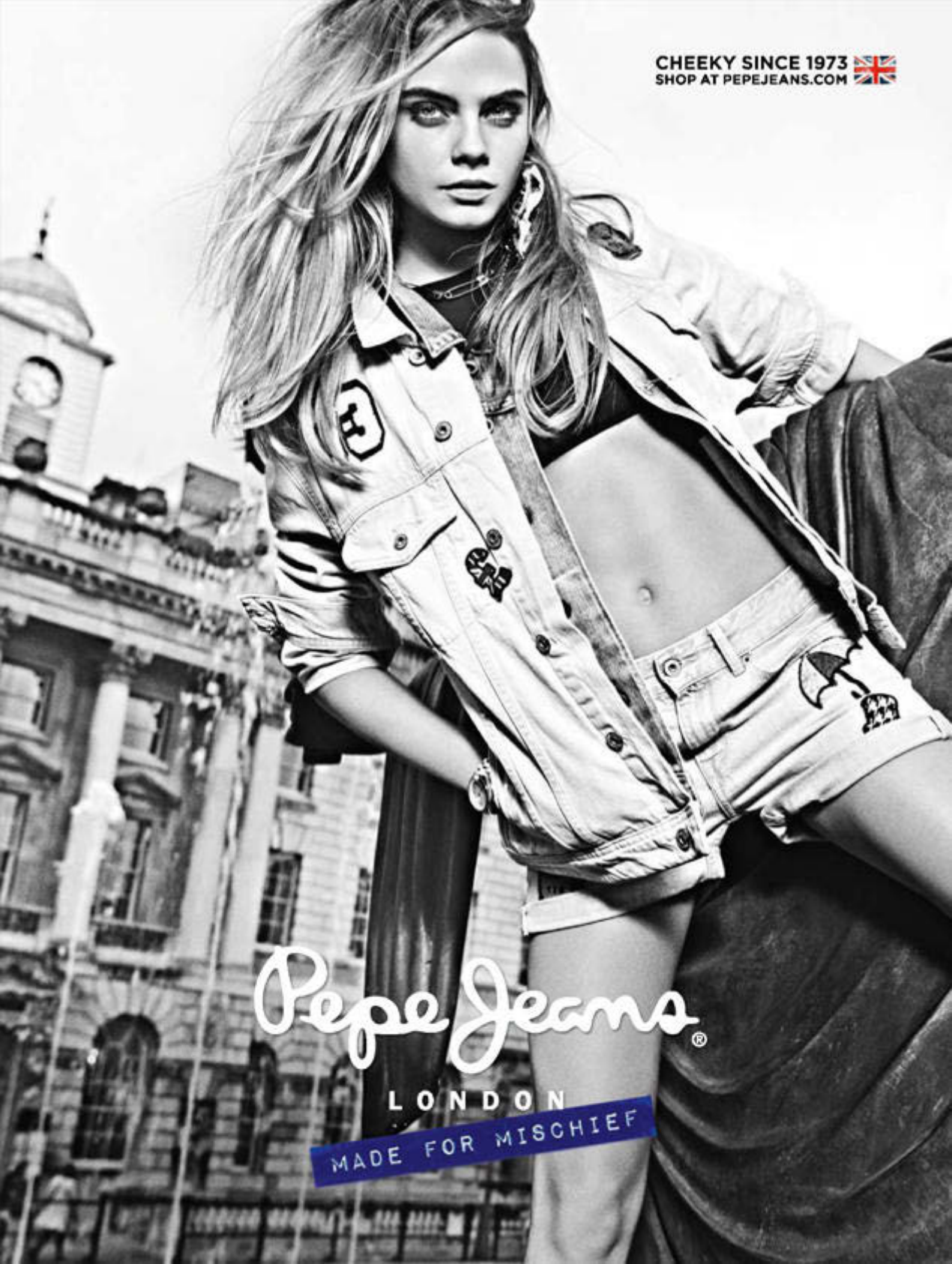
"...I'm single. Help me out here"
Help yourself, dear friend! "Practise your solo skills. The better you learn how to play your own instrument, the better your duets will be," says Sheri Winston, author of *Women's Anatomy Of Arousal.*

"...I've got to send this email first"
OK, but then create a 'sex space' where neither of you will be distracted. "A tech-free zone, where your phones and other devices are switched off and removed," adds Winston.

"...we've been together forever. I need some jump-leads"
It's not about one move, it's about the mood. "Because female sexual energy usually works from the outside in, it starts with more attention, more gestures of affection, more touch," adds Carl Frankel, author of *Secrets Of The Sex Masters.* These small things build up a more sex-friendly environment.

"...our schedules are just too busy"
So make sex part of that routine. "Scheduling sex is one of the most effective ways to boost arousal. You're dedicating time to your partner, and it allows you to think and talk about what you want to do," says Dr Tierney Lorenz, sex research postdoctoral fellow at The Kinsey Institute. Send him a diary invite and get on with it.

Photographs: Chris Craymer/Trunk Archive. The Arousal Diet book that accompanies Sarah White's e-plan is out now. arousalplan.com


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THE 3 DESIGNERS SHAPING OUR style

There's a new world order on the catwalks, where the biggest fashion houses are swapping an aura of inaccessibility for everyday cool we can *actually* wear. **Katherine Ormerod** reports on the three bold designers shaking things up



LOUIS VUITTON S/S15

The most hotly anticipated show of the past year in fashion wasn't an all-singing, all-dancing extravaganza. There were no satellite dish hats, 'challenging' silhouettes or Lady Gaga-style concepts.

Instead, Nicolas Ghesquière's debut as creative director of Louis Vuitton presented a new vision for catwalk fashion: wearability. Here's a designer who wants to make dressing easier, giving us clothes we can envisage slotting into our wardrobes and mixing with items we already have.

And he's not the only one. Nicolas is one of three newly hired hero designers breathing life into some of Paris' most iconic fashion houses. Along with Raf Simons at Dior and Hedi Slimane at Saint Laurent, he has started a quiet revolution at the heart of high fashion, bringing a simpler, less trend-driven way of dressing.

"To a certain extent, all three houses had been sleeping beauties – they needed to be woken up a little," explains Bosse Myhr, buying manager for Selfridges. This is exactly what these designers are achieving, transforming out-of-reach labels into accessible brands ready for the new generation.

And the ripple effect is being felt from the top to the bottom of the industry. Take Gap's New Normal campaign, focusing on a trendless look. Or the fact that the hip crowd are now wearing unfussy staples like Nike pool slide sandals and Levi 501s. Even if you rarely buy designer pieces, you may have found yourself buying more versatile separates on the high street – or coveting a leather jacket straight off the runway. In which case, you're part of this new spirit of wardrobe wearability. ▶



SAINT
LAURENT
S/S15



DIOR
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THEN
S/S13

NOW
S/S15

The Game Changer

NICOLAS GHESQUIERE, CREATIVE DIRECTOR OF LOUIS VUITTON

Last year, the Belgian-French designer's first Louis Vuitton show gave us something unusual: a real woman's wardrobe, based around A-line skirts, zip-up jackets layered over polo-necks, and macs.

This was followed – at his second outing, for the spring/summer 2015 season – with more of the same attitude. From a perfect navy peacoat to the '70s-inspired peasant dress of your fashion dreams, these clothes are undoubtedly beautiful, but they look like elevated versions of pieces that you already own.

But it's not just the clothes that have changed. The advent of street style and the opening up of planet fashion to bloggers has changed the way we see catwalk shows. No longer are they closed and exclusive – now they are live-streamed for everyone to enjoy.

"When I saw Nicolas Ghesquière's first show for Louis Vuitton, I was blown away by how different it felt," says Zhang Xinyuan, one of China's most-followed style stars. "These are clothes for cool girls, not just celebrities on the red carpet."

What's more, designers such as Nicolas are taking the role of creative director to the next level. "Far beyond just creating the clothing, there now has to be a 'world' that goes with it," says Myhr.

It's reflected by the story told on the catwalk, from the music to the individual models, who are chosen as much for their personal style and personality as their vital stats.

PASS NOTES

NICOLAS GHESQUIERE



AGE 43
TRAINING Internships with Agnès B and Jean Paul Gaultier.
BIG BREAK In 1995, Nicolas joined ailing French label Balenciaga as a licensed product designer. Over the next 15 years, he transformed it into one of the most directional labels in the world.
FAMOUSLY Created the Lariat bag, which became *the* It tote of the noughties.
STYLE Sculptural tailoring, technical fabrics and razor-sharp cuts.
USP The thinking woman's designer.
FANS Kristen Stewart, Charlotte Gainsbourg, Jennifer Connelly.







BUY NOW, KEEP FOREVER
The navy peacoat



S/S14

OLD VS NEW
Stephen Sprouse-printed bodysuit vs blazer and jeans



S/S15



THEN
S/S11



NOW
S/S15

The Rebel Visionary

HEDI SLIMANE, CREATIVE DIRECTOR OF SAINT LAURENT PARIS

The moment in March 2012 when Hedi Slimane arrived at Yves Saint Laurent, a brand synonymous with Helmut Newton-esque sexuality and Parisian glamour, he brought with him controversy – there were rumours that he would majorly shake up its identity.

Two years on, the brand has undergone a radical transformation, changing its name to Saint Laurent, moving its studios to Los Angeles and allying itself with a hip, young clientele more likely to scuff their ▶

◀ Saint Laurent boots at a dive bar gig than slip into a pencil skirt.

The Parisian-born designer's collections evolve season to season, offering a trend-proof look. Referencing Yves Saint Laurent's '60s and '70s heyday, there's always a perfect leather jacket, a Studio 54-worthy minidress and a tailored Le Smoking tuxedo suit – so every thrift-store gem you've never actually found. Instead of one-season-wonder show looks, elegant staples offer a ready-made cool girl wardrobe that's hugely influential on the high street.

"The old houses made a smart move appointing designers like Hedi, who have made no apologies for their vision," says Camille Charrière, the Anglo-French blogger behind Camille Over The Rainbow. "The result has been a new identity – and it's one that reflects the way women dress today."

And the commercial success of the brand has been staggering. "Saint Laurent was sending out shockwaves the moment it hit the shop floor," says Myhr. "From gowns to handbags, not to mention Hedi's little black jeans, there is demand across the whole collection."

While not everyone can fork out £350 for Saint Laurent jeans, you'll find Hedi-inspired denim at plenty of high-street specialists, such as AllSaints and Topshop.









OLD VS NEW

Belle de Jour skirt suit vs biker jacket + acres of supermodel leg

A/W10

S/S15



BUY NOW, KEEP FOREVER

Biker jacket

PASS NOTES

HEDI SLIMANE



AGE 46

TRAINING Art History at Ecole du Louvre; men's tailoring apprenticeship.

BIG BREAK In 1996, he was tapped for the position of ready-to-wear director of men's collections at Yves Saint Laurent.

FAMOUSLY Popularised ultra-skinny tailoring for men, quit fashion to become a photographer for five years and caused an industry hullaballoo when he returned by renaming Saint Laurent and moving its studio to LA.

STYLE Inspired by music, '70s hedonism and louche sensuality.

USP Enfant terrible, rock'n'roll rebel.

FANS David Bowie, Pete Doherty, Lady Gaga.



THEN
A/W10



NOW
S/S15



BUY NOW, KEEP FOREVER
Perfectly cut trousers

The Modernist Master

RAF SIMONS, CREATIVE DIRECTOR OF CHRISTIAN DIOR

Over at Dior, Belgian designer Raf Simons has been serving up countless 'hold your breath' catwalk shows since his appointment in April 2012. Where his predecessor, John Galliano, was the king of theatrical fantasy, using his collections at Dior to transport the audience to a different time and place, Raf's vision has been firmly fixed in the now. Take his first ready-to-wear collection – we saw flippy LBDs and effervescent cocktail dresses retailing in the thousands.

According to Bosse Myhr, this is a return to the original DNA of the brand. "The Dior dress and iconic Bar jacket are still there, but it's been done in a Raf Simons way in techno fabrics, twisting the Dior heritage in ways we wouldn't have dreamed of," he says. "The whole atmosphere is fresher and more realistic about the way most shoppers really dress."

So, while the wares walking down the catwalk may still be way beyond your overdraft limit, the message from these three innovative designers is that sartorial confidence and individual fashion personality are far more important than trends or designer decrees. Which is fashion news we can *all* celebrate. G



A/W09



S/S15

OLD VS NEW
Bold-patterned coat vs cotton shirt dress

Photographs: Jason Lloyd-Evans, Eyevine, Rex Features

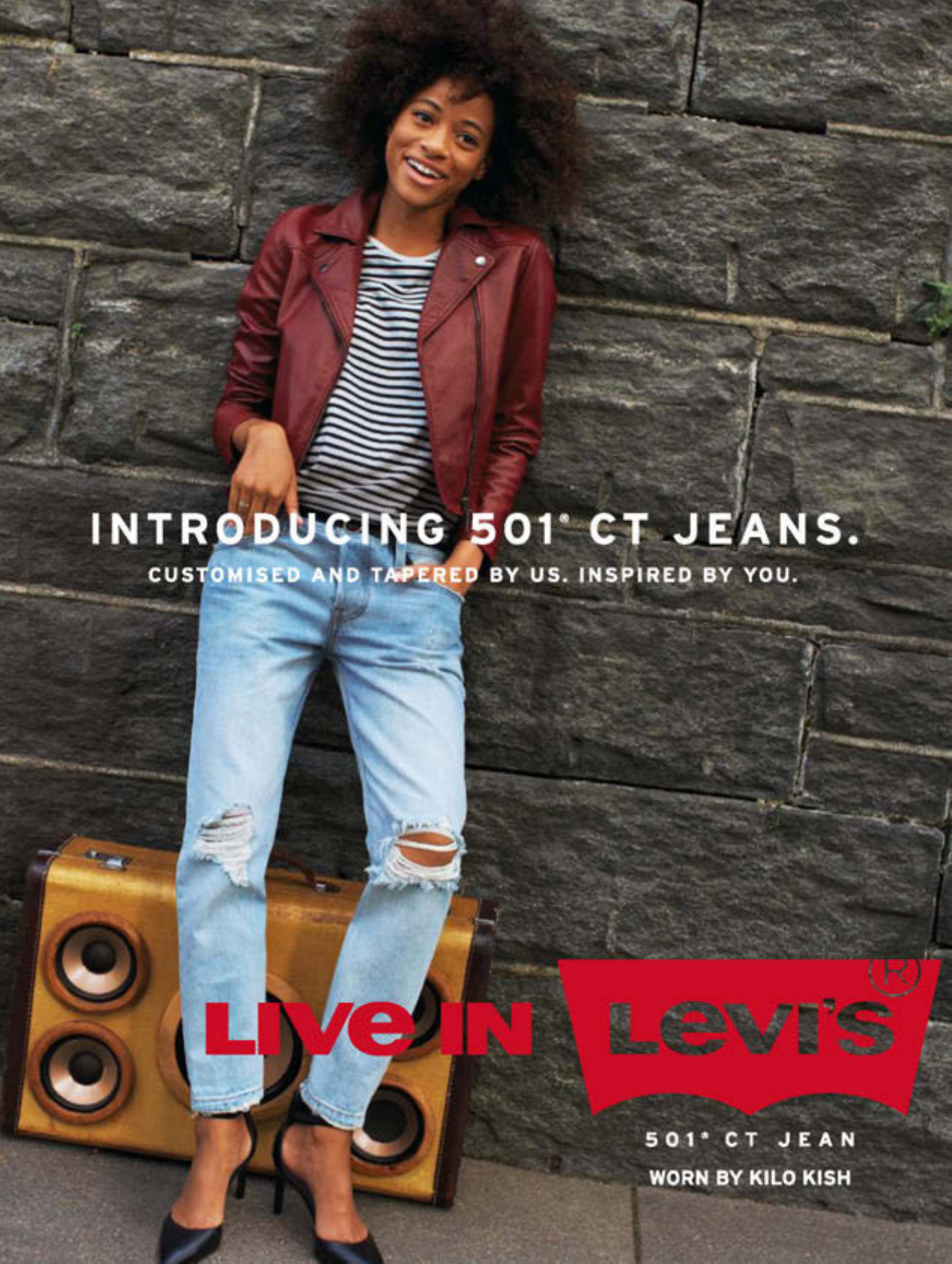
PASS NOTES

RAF SIMONS



AGE 46
TRAINING Degree in industrial design and furniture design. Self-trained designer.
BIG BREAK Launched his eponymous menswear label in 1995. He crossed over to womenswear in 2005 as creative director of Jil Sander, where he inspired cult-like devotion in fashion editors and shoppers alike.
STYLE An unparalleled flair for colour and print, feminine minimalism. Often integrates fine art references (eg the Andy Warhol Foundation for the Visual Arts collaboration).
USP Cross-cultural.
FANS Marion Cotillard, Jennifer Lawrence.


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From left **Leila, Roswell and Moya**

"We took on our abuser – AND WON"

Last summer, photographer Shaun Colclough was jailed for seven years for sexually assaulting models in his London studio. GLAMOUR speaks to the women who helped bring him to justice. By **Alice-Azania Jarvis**

Photographs by **Becky Maynes**



THE WHISTLEBLOWER
ROSWELL IVORY

"Watching Shaun Colclough being led from the dock in July last year, I felt victorious. He'd been convicted of two counts of sexual assault and sentenced to seven years. As he left, his face was emotionless, but my spirits were soaring.

It was three years since I'd first used my blog to publish my experience of his abusive behaviour. It had been a long, exhausting journey fighting to prove that this man was a danger to others. But, with the help of other women who'd also been abused by him, we'd finally done it. We'd won.

The first I heard of Shaun was in 2011, when I spotted his profile on a modelling website. I was 23 and had been in the industry for four years, mostly doing alternative and fetish-wear shoots. Shaun claimed to have taken pictures for top agencies, including Premier, Select and IMG.

Impressed by his credentials, I messaged him to see if he'd be interested in shooting me. When he said yes, I was thrilled. I thought his pictures would be a great addition to my portfolio, and we agreed to work on the basis that I'd give up my time as a model, and he'd give me the pictures.

A few weeks later, I headed to his studio in Hackney Wick, London, getting the train from Norwich with a suitcase of outfits. Looking back, the set-up was unusual. He worked out of a tiny room in an old industrial complex. It was sparse; white walls, a camera, no toilets or tea- and coffee-making facilities. But I was excited to be there, so didn't give it much thought.

Shaun seemed normal at first. He was wearing jeans and a T-shirt and was well groomed, with short hair and stubble. He was friendly, relaxed. But then, while I was posing in shorts and a bra top, he began peppering me with questions.

He asked if I was faithful to my boyfriend, if I'd had threesomes, if I was into 'water sports'. I was shocked, but tried to brush him off. OK, he seemed like a creepy guy, but I didn't think he was dangerous. He then said that because I wasn't married, my boyfriend obviously didn't love me. I snapped back that he was wrong.

He continued trying to intimidate me. I mentioned that I admired the strong female characters in science-fiction films; he said that I didn't seem strong, that I looked vulnerable. That became his catchphrase and he kept repeating it: 'You look vulnerable to me.'

It was frightening – he'd come right up to me and say it. I knew it wasn't how a shoot was meant to be, but I was nervous of leaving. I was trying to be professional. I kept thinking, 'Well, he hasn't actually touched me.' So, when he asked me to change into lingerie, I did.

I was kneeling down, posing, when he came over, his camera hanging to one side. Suddenly, he put his crotch in my face, trying to straddle me. It was totally out of the blue and my survival instinct kicked in. I thought he was going to attack me. I jumped up, and threw my clothes on.

He was clearly angry and started stomping around, saying I needed to be more free and open. Before I left, he forced me into a hug. I broke away and ran. I was shaking, hugely relieved to have escaped. When I got home, I considered calling the police, but I wasn't sure whether what happened even counted as abuse.

In the weeks after, I tried to put it out of my mind, but whenever I thought of him, I felt haunted. He emailed the shoot images to me. They're disturbing – you can see I'm terrified. It wasn't until months later that it dawned on me there might be something I could do, to stop other models having a similar experience.

It was after a fashion show – I'd told another model about what happened. She went completely white. It turned out that she'd worked with him too; he'd exposed himself to ▶

> "He continued trying to intimidate me. He said that I didn't seem strong and that I looked vulnerable"

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◀ her. I decided to post messages on forums, asking if anyone had suffered a bad experience with a photographer in Hackney Wick. Within a few weeks, over a dozen models had responded.

I was horrified that he was still at large – I felt it was my responsibility to warn as many people as possible. I posted an entry on my blog naming him and describing what happened. The response was overwhelming – even Shaun commented. He said that he did flirt with models, but that his conscience was clear and that 'you can't please everybody in life'.


How model exposed a sexual predator

I then decided to call the police. They were already aware of him – another model had come forward to file a complaint a few years back [Leila; see following page], but there hadn't been enough evidence to proceed.

> "He'd previously been jailed for rape. He'd learned to use a camera in prison and changed his name"

In November 2013, Shaun was charged with sexually assaulting me and three other women. I felt validated that my concerns were taken seriously, but I was also scared. Because we were models, I thought somehow we'd be blamed.

When it came to the trial, I was nervous, but I wanted to look him in the eyes from a position of power. I gave evidence for five hours and had no idea whether my testimony would be enough.

The police explained that he'd been found guilty of assaulting two other models but was cleared in my case. They weren't able to prove that what he did to me was sexual assault. I still felt proud to have played my part – the fact that he was convicted was enough. At the sentencing, the judge mentioned my blog's role in exposing him. We discovered that he'd previously been jailed for six years for raping an 84-year-old woman. He'd learned to use a camera in prison and changed his name.

Of course, coming across someone like Shaun is rare. I've worked with hundreds of decent photographers. My advice to aspiring models is: check references. If the worst happens, never be afraid to speak out. The same goes for any woman who suffers sexual abuse – fight for justice."

MOYA'S STORY

"I'd been doing amateur portrait modelling for three years when I agreed to meet Shaun – when I was 25 – to help establish my portfolio. I was impressed by the level of work he'd done in the past. But when he greeted me with a kiss on the lips, I was taken aback – I put it down to him being eccentric. Even when he immediately asked me inappropriate questions, like whether I liked anal sex, I wrote it off as an attempt at banter.

It was only when the pictures started that I felt threatened. When we did some with me wearing a tight dress, he put the camera on automatic and left me alone in the room to pose. I'd never heard of anyone doing that. I was nervous, and he kept criticising me, saying he wanted me to be wilder.

Things got worse when we started doing nude shots. He said, 'You have to maintain eye contact or I'll kiss you.' The next thing I knew, he was caressing my arms, touching my breasts and my bellybutton. I was petrified.

Then he forced my legs open with his feet. I panicked, but he was stronger than me. He got me to turn onto all fours and took more pictures. Then I felt his hands on my butt. Before I knew it, he was performing oral sex on me. I told him to stop. I felt disgusted. But he laughed and moved things on, setting up new pictures.

I was terrified and just wanted to get out of there, but I was frightened of what he might do ▶





◀ if I tried to escape. He was controlling and unpredictable and I thought he might turn violent. As I was lying down posing, he took his trousers and pants down and straddled me. I told him to back off and he did, but he kept trying. By this stage, he'd taken all his clothes off and I knew it was serious. When he tried to force my legs apart again, I leapt up and said I'd miss my train – I felt I still had to placate him. He said he'd let me go if I promised to return.

Shaun made me feel that I'd encouraged him. I thought it was all my fault. When I saw Roswell's posts, I messaged her saying he'd made me feel uncomfortable, although I couldn't tell her the full story. I felt weak for letting it happen. It was horrible – I was ashamed and wanted to put it behind me.



"When Shaun Colclough [above] was sentenced, I felt empowered. I'd played my part in bringing him to justice"

It was only when a detective got in touch that I gave the full story. They had arrested Shaun following complaints from other women and found my pictures on his computer. At the trial, I agreed to testify through video link. Having seen Roswell's blog, I knew I wasn't the only victim – it made me realise none of it was my fault. When he was sentenced, I felt empowered. I'd played my part in bringing him to justice and it showed me how strong I could be."

LEILA'S STORY

"I was the first person to contact the police about Shaun. As soon as I met him in 2011 – when I was 27 – I felt uneasy. When I mentioned that, as well as modelling, I was a probation service officer, he said, 'Do you work with rapists, murderers and paedophiles?' Something about him told me he had experience with the prison system, and I was immediately put on edge.

Our shoot lasted seven hours, most of which I spent plotting my escape. He'd switch from menacing to jovial and flamboyant. He criticised me for having pubic hair and wanted to know if I was into pain during sex. He asked what I thought of him sleeping with models, and tried to get me to open my legs for the camera.

When I was lying down, and he was standing over me taking pictures, I felt his foot rub against my inner thigh and vagina. I wriggled away, but he kept doing it. It was clear he was unstable, so I didn't want to provoke him. I went onto autopilot, focusing on getting out of there safely.

Eventually, he wrapped the shoot up. He must have realised he wasn't going to get what he wanted. As I left, he said that he would only send me the pictures if I gave him a blow-job.

I never modelled again after this, and, the following week, I reported him to my local police. I felt strongly that he was dangerous.

At first, my evidence wasn't enough to proceed. I told the police I was convinced they'd hear about him again and, sure enough, two years later, they told me they'd found more victims. Later, I found out about Roswell's ordeal and her blog post.

The trial was horrible – having explicit images of myself before the court was humiliating. But when he was convicted, that's when I felt I'd got my power back." G

FOR MORE INFORMATION

- If you have been a victim of rape or sexual assault, contact rapecrisis.org.uk or victimsupport.org.uk
- For a database of 3,000 qualified photographers, see The British Institute of Professional Photography (bipp.com).

Additional photographs: News Syndication, SWNS. Styling: Chloe Bloch. Hair: James Bickmore for Headmasters Pro Artistic Team. Make-up: Lucy Gibson at Phamous using Kiehl's. Nails: Veronica Butenko using OPI Nail Lacquer

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GLAMOUR'S



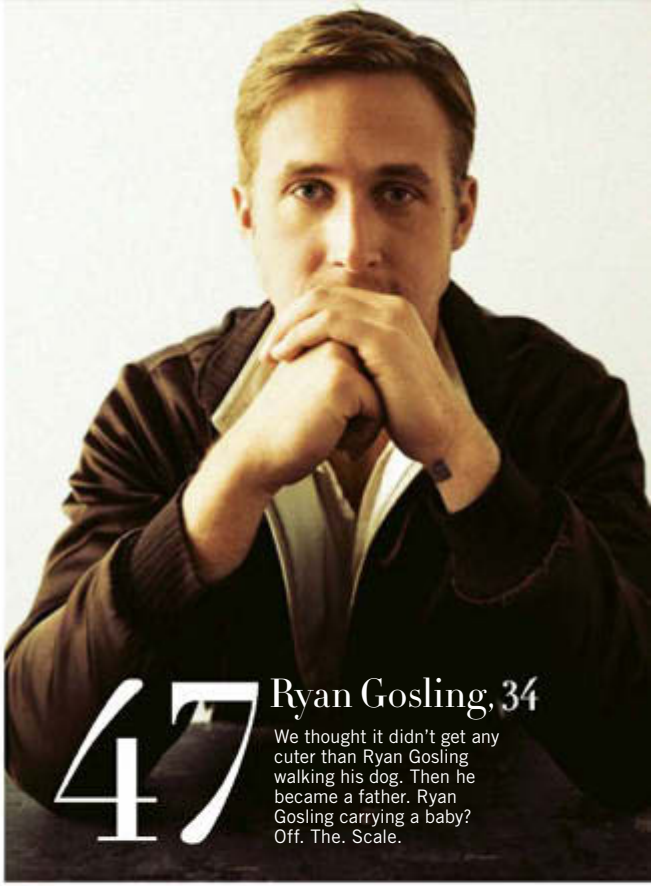
100 SEXIEST MEN

The results are IN! 80,000 of you have spoken and the Sexiest Man 2015 crown has been bestowed. Now, you've just got to trawl through this good-looking bunch to get to No1. It's a tough gig, we know ▶



49 Chris Pratt, 35

A new entry in our list – your admiration for this *Guardian Of The Galaxy* went stellar this year.



47 Ryan Gosling, 34

We thought it didn't get any cuter than Ryan Gosling walking his dog. Then he became a father. Ryan Gosling carrying a baby? Off. The. Scale.



48 Channing Tatum, 34

Whether he's flexing his acting muscles or flexing his actual muscles (bring on *Magic Mike XXL*!), you're big fans of Mr Tatum. Huge.

The first 51 (see previous page) **100** Ashton Kutcher **99** Kellan Lutz **98** Jeremy Renner **97** James Franco **96** Garrett Hedlund **95** Justin Theroux **94** Jason Momoa **93** Tom Odell **92** Joseph Gordon-Levitt **91** Jon Hamm **90** Aidan Turner **89** Jake Bugg **88** Ansel Elgort **87** Tom Daley **86** Serge Pizzorno **85** Brad Pitt **84** Anson Mount **83** Adam Lambert **82** John Mayer **81** Alex Pettyfer **80** Chris Pine **79** Ryan Reynolds **78** Paolo Nutini **77** Adam Levine **76** Tom Welling **75** Matthew McConaughey **74** Jake Gyllenhaal **73** Logan Lerman **72** David Tennant **71** Nikolaj Coster-Waldau **70** Joe Manganiello **69** Eddie Redmayne **68** Calvin Harris **67** Hugh Jackman **66** Jonathan Rhys Meyers **65** Douglas Booth **64** Luke Evans **63** Dave Franco **62** Jensen Ackles **61** Andrew Garfield **60** Nicholas Hoult **59** Ricky Wilson **58** Rafael Nadal **57** Justin Timberlake **56** Liam Payne **55** Tinie Tempah **54** Taylor Lautner **53** Sean Bean **52** Louis Tomlinson **51** Tom Hardy **50** Colin Farrell



46 Oliver Cheshire, 26

All we can say is that Pixie Lott is a *very* lucky woman.



45 Leonardo DiCaprio, 40

After his big 4-0 this year, we can officially declare, Leo is 40 and FIT.





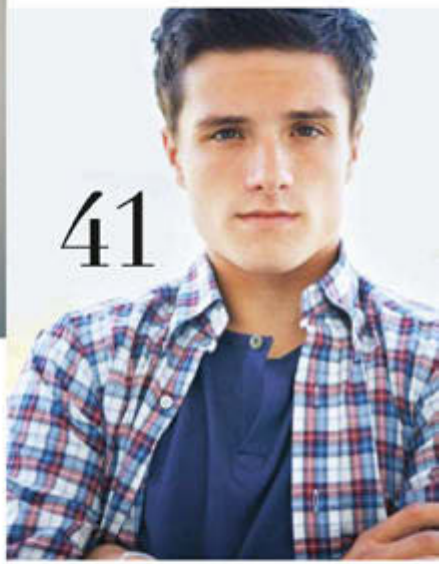
44 Drake, 28

For a man who *Started From The Bottom*, he's come a long way. And his bottom isn't bad, either.



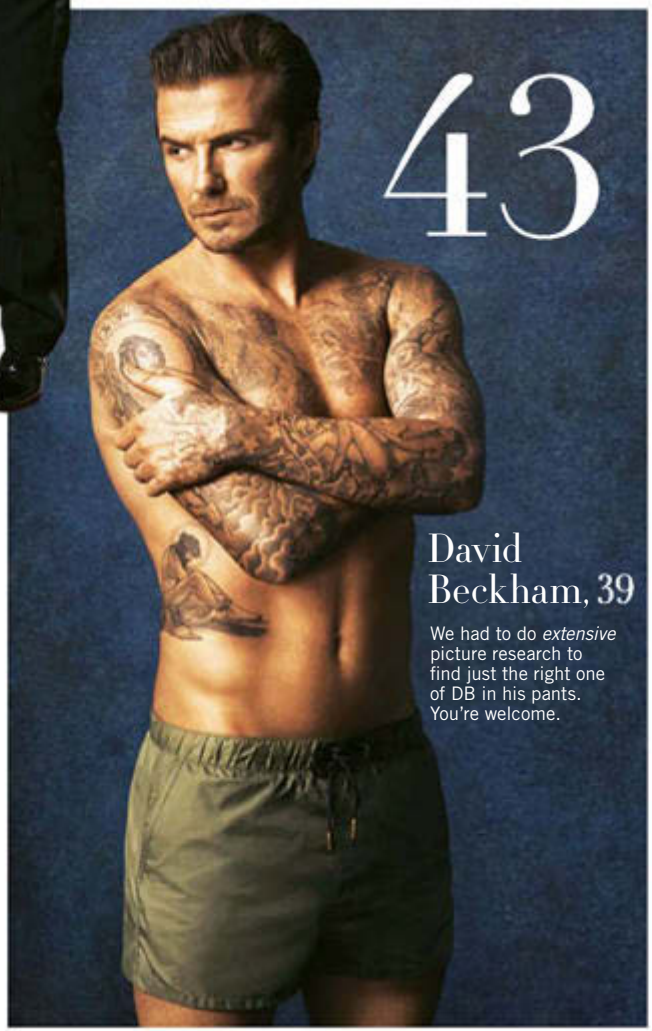
42 Sam Claflin, 28

Last year's GLAMOUR Man of the Year is also one of this year's sexiest. A good year for Mr Claflin.



41 Josh Hutcherson, 22

Your adoration for Peeta Mellark just nudged Josh one place ahead of his *Hunger Games* co-star, Sam.



43 David Beckham, 39

We had to do *extensive* picture research to find just the right one of DB in his pants. You're welcome.



40 James McAvoy, 35

Great acting talent and a sexy intense stare – a winning combo. ▶



39 Daniel Radcliffe, 25

Boy wizard begone! And hello grown-up good looks in *What If* and *Kill Your Darlings.*



38 Robert Downey Jr, 49

RDJ is going to be 50 this year. FIFTY. We'll have what he's having. Er, and him.



37 Max Irons, 29

This man is so handsome it should be illegal. That's all.



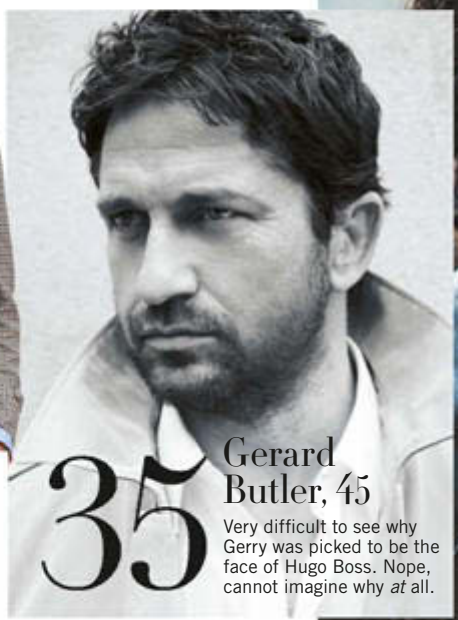
34 Kit Harington, 28

Tousled hair, five o'clock shadow and a model pout… it's hard to decide whether Kit looks best as himself or as Jon Snow. Take another long look at this photo and ponder.



36 Matt Smith, 32

The Doctor no longer, but still one of your sexiest men. Phew.



35 Gerard Butler, 45

Very difficult to see why Gerry was picked to be the face of Hugo Boss. Nope, cannot imagine why *at* all.



33
Lewis Hamilton, 30

He's the reigning Formula 1 champion, and now he's raced into our Sexiest Men list as a new entry.



32
Dan Stevens, 32

Have you seen *The Guest*? That film – and this picture – should leave you in no doubt that *Downton*'s Cousin Matthew has left the building.



31
Brandon Flowers, 33

Sharp dressing, superb hair and devilish good looks. Brandon, you Kill(ers) us, you really do. (Sorry.)



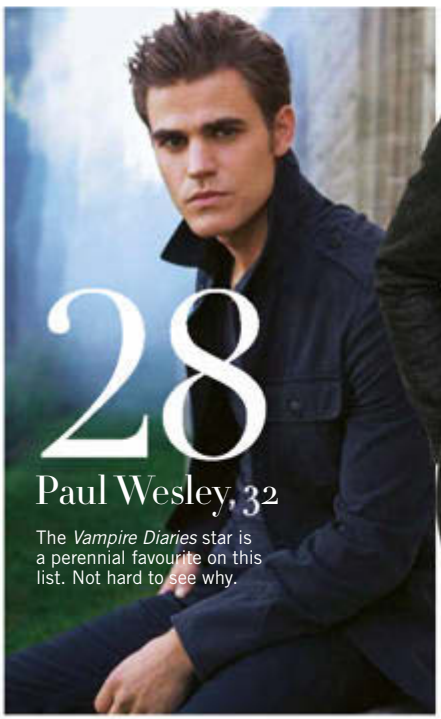
30
Chris Evans, 33

Captain America? Captain Ameri-phwoar, more like. (Sorry, again.)



29
Bradley Cooper, 40

This *American Sniper* is no stranger to your votes, but has jumped 26 places since last year.



28
Paul Wesley, 32

The *Vampire Diaries* star is a perennial favourite on this list. Not hard to see why.



27
Chris Martin, 37

Wonder whether Chris being back on the market has anything to do with him rocketing up our list this year? ►





25 Alexander Skarsgård, 38

Having finished *True Blood*, Sweden's finest is filming *Tarzan* (and we sincerely hope he'll be sporting a loin cloth).



24 Michael Fassbender, 37

We're suckers for the whole dark and brooding thing the *X-Men* star's got going on.



23 Idris Elba, 42

So damn cool, so damn talented. Basically, the man is a total dude.

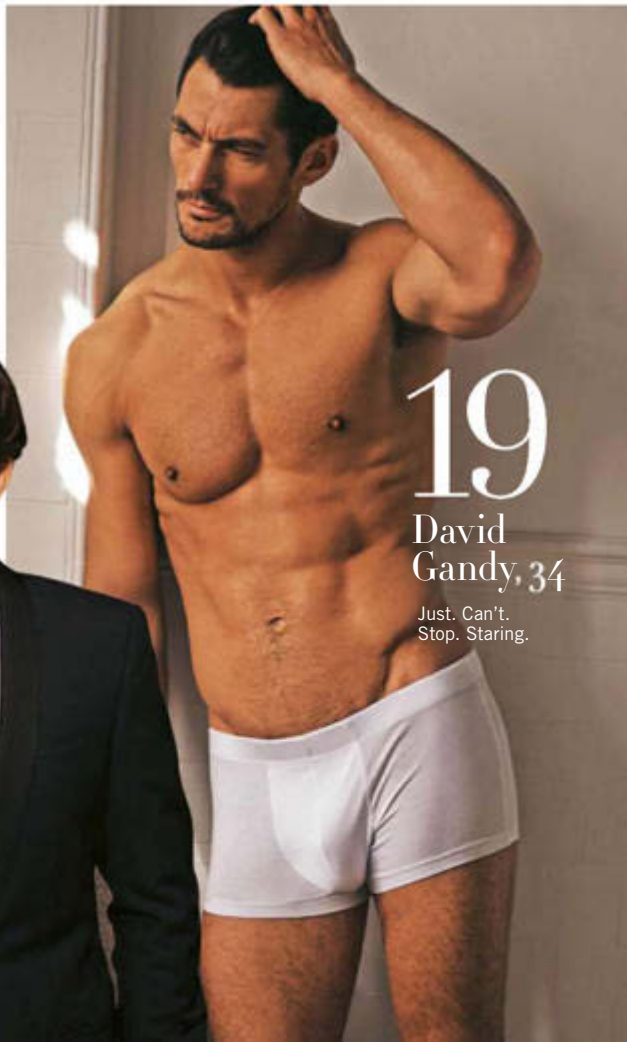
26 Zac Efron, 27

We'd be pretty chuffed if the *Bad Neighbours* star moved in next door.



22 Niall Horan, 21

Irish charm + blue eyes = pretty irresistible.



19 David Gandy, 34

Just. Can't. Stop. Staring.



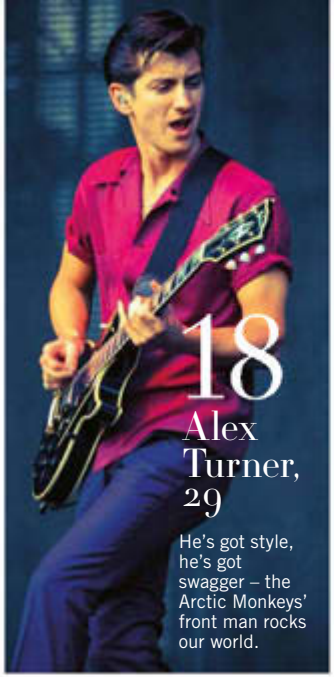
21 Matt Bomer, 37

Excellent news: we'll get to see those abs again in the *Magic Mike* sequel.



20 Orlando Bloom, 38

The walking, talking definition of 'gorgeous'. We predict he won't be single for long.



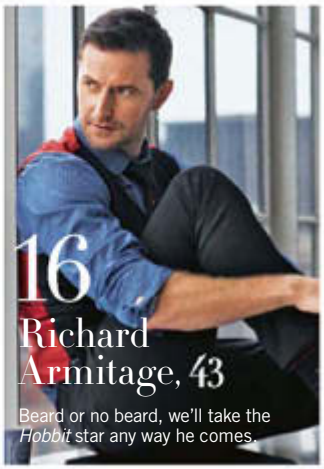
18 Alex Turner, 29

He's got style, he's got swagger – the Arctic Monkeys' front man rocks our world.



17 Zayn Malik, 22

The beard has totally amped up the sex factor. Good move, Zayn.



16 Richard Armitage, 43

Beard or no beard, we'll take the *Hobbit* star any way he comes.



13 Chris Hemsworth, 31

The *Thor* star has it all: the looks, the muscles and a big... hammer.

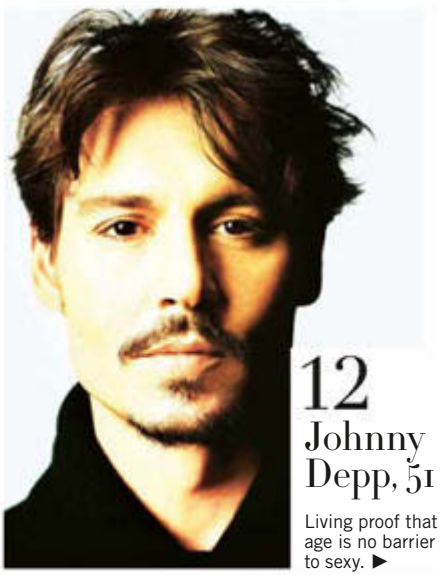


15 Charlie Hunnam, 34

Rugged and roguish. The *Sons Of Anarchy* bad boy can give us a ride any day.

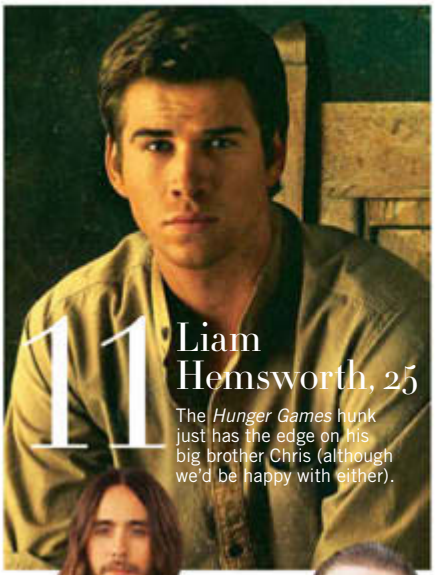
14 Ian Somerhalder, 36

His best feature? It's a toss-up between the piercing blue eyes and that chiselled jaw.



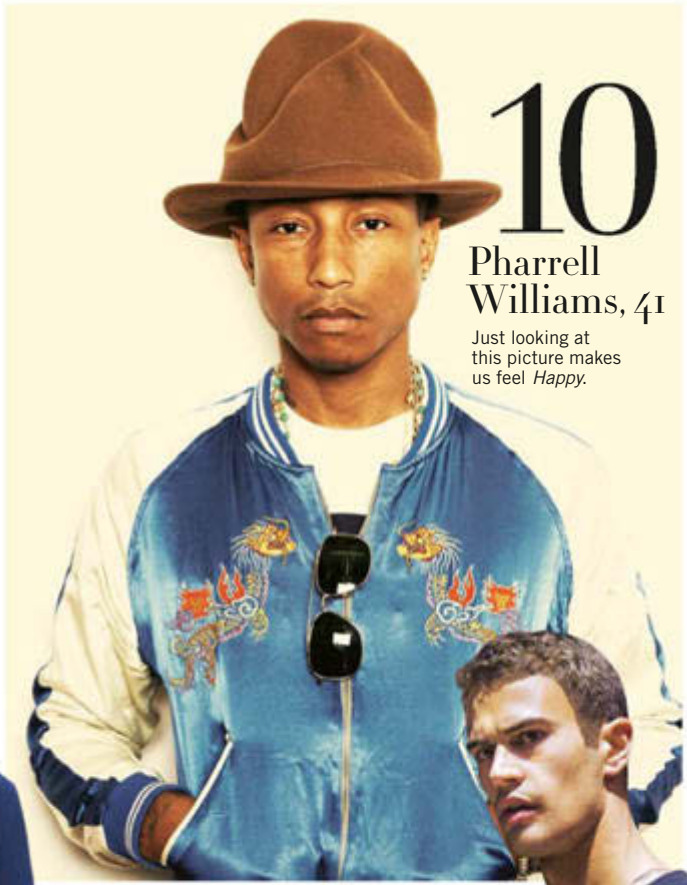
12 Johnny Depp, 51

Living proof that age is no barrier to sexy. ▶



11 Liam Hemsworth, 25

The *Hunger Games* hunk just has the edge on his big brother Chris (although we'd be happy with either).



10 Pharrell Williams, 41

Just looking at this picture makes us feel *Happy*.



9 Jared Leto, 43

Sure, he's won an Oscar, but a spot in our Top Ten is the *ultimate* accolade.

8 Jamie Campbell Bower, 26

Actor, singer, model – JCB is the full package (and a dapper dresser to boot).



7 Harry Styles, 21

Is it just us or is he getting hotter and hotter every year? It's the hair – it has superpowers.



6 Theo James, 30

Hot new entry alert! The *Divergent* star has (deservedly) gone straight in to your Top Ten.

5

Henry Cavill, 31

He's had to hand over his Sexiest Man crown – but Henry, we still heart you hard. We're *very* pleased that he'll be reprising his role (and the Lycra suit) as Superman in three more films, and in the meantime, we'll be busy gazing at this picture. For a very long time.



4

Robert Pattinson, 28

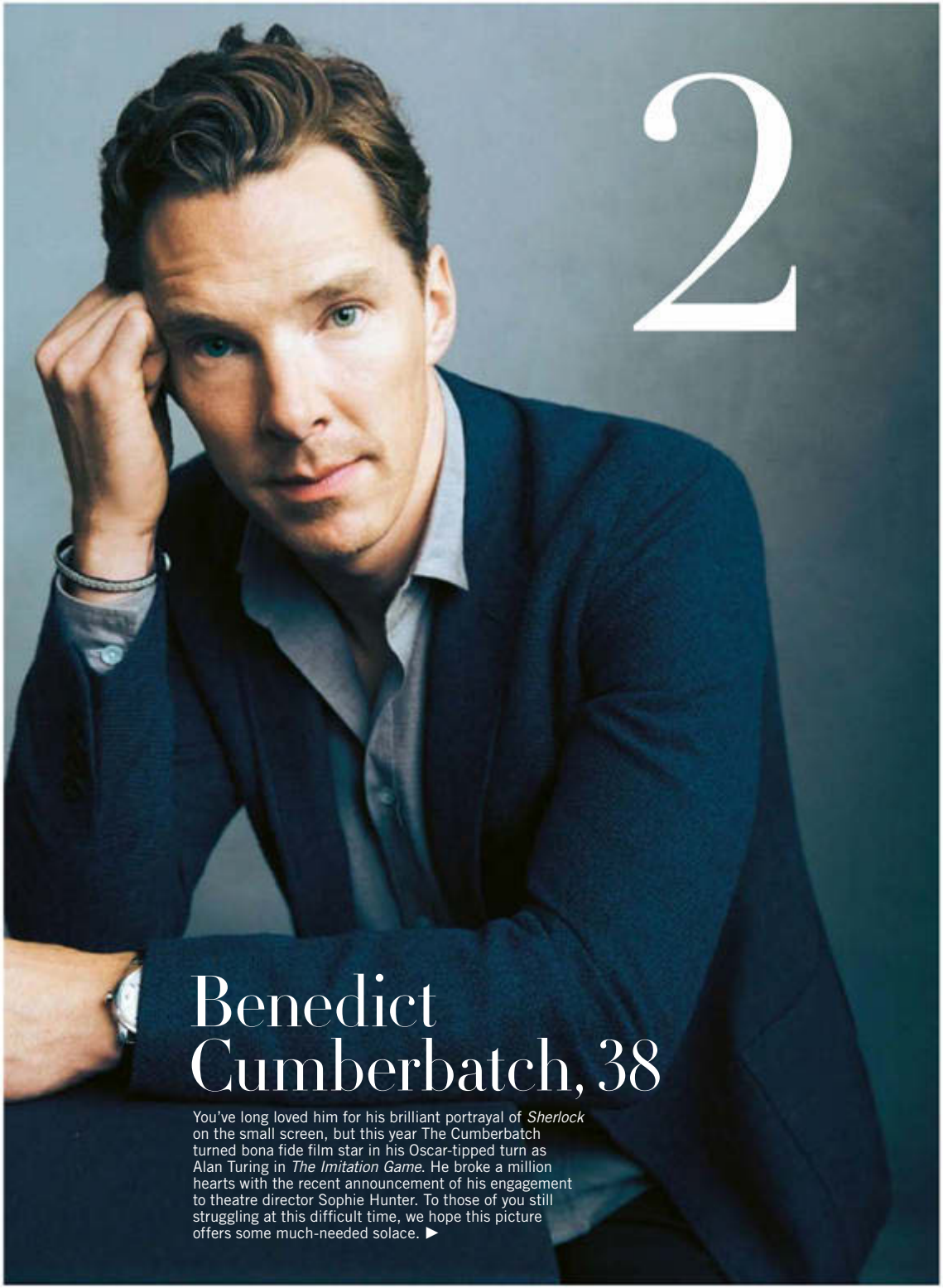
Let's face it, you guys *love* a bit of R-Patz. FKA Twigs may have snapped him up – but you know, we can still dream. ▶



3

Tom Hiddleston, 34

Whether he's holding his own against *Avengers* heavyweights Chris Hemsworth and Robert Downey Jnr, or dazzling West End audiences with his award-winning turn as Coriolanus, Hiddle the hunk can do no wrong in your eyes. He also rocks a suit like no one's business. In a nutshell, you Loki him a LOT!



2

Benedict Cumberbatch, 38

You've long loved him for his brilliant portrayal of *Sherlock* on the small screen, but this year The Cumberbatch turned bona fide film star in his Oscar-tipped turn as Alan Turing in *The Imitation Game*. He broke a million hearts with the recent announcement of his engagement to theatre director Sophie Hunter. To those of you still struggling at this difficult time, we hope this picture offers some much-needed solace. ►









1 Jamie Dornan, 32

Model-turned-actor Jamie was already firmly on our radar for his brooding efforts in those Calvin Klein underwear campaigns. But as soon as it was announced that he'd be slipping into those power suits (not to mention that Red Room Of Pain) to portray Christian Grey, GLAMOUR's 2015 100 Sexiest Men pretty much turned into a one-horse race. Belfast-born Jamie isn't just a pretty face, as his unnerving, yet brilliant, portrayal of serial killer Paul Spector in BBC Two's *The Fall* attests. And now, with a GLAMOUR cover under his belt, he'll take some budging from the top spot. Forget Grey, this guy's future looks nothing short of rosy.













By James Williams, Helen Whitaker and Hanna Woodside. Photographs: Rex Features, Wireimage, Getty Images, Film Magic, Barcroft Media, Alpha Press, Kevin Scanlon/NYT/Redux/Eyevine, Matt Holyoak, Simon Harris/ Contour by Getty Images, MR Photo, Bill Phelps, Ben Riggott, Gabriel Goldberg, Daniel Bergeron/Corbis Outline, JR Mankoff, Sarah Dunn, Austin Hargrave/AUGUST, Photoshot, Gerard Butler is the ambassador of the new BOSS Bottled #Manoftoday Campaign, David Beckham swimwear for H&M, David Gandy for Autograph at marksandspencer.com, Empics, Xposure, Photoshot, Capital Pictures, Allstar, Landmark Media, Cameranpress, Wenn, Splash News, Old Image Collections, Anders Overgaard, PA, Matrix Pictures, Jason Joyce/Chilli Media, Scope Features

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MY FAMILY LOVE STORY

by Seth Rogen

The Hollywood actor and his wife, Lauren Miller, watched as her mother lost her ability to speak, feed, and dress herself, all by age 60. Seth tells GLAMOUR how that changed their lives, their marriage – and their future

Humour can help all the time, I think. But as I've found out over the past decade, there's very little that's funny about Alzheimer's. It's not something you can write jokes about. How do I know? My family is dealing with this thing.

I first met my wife, Lauren, ten years ago this May, at a birthday party at El Cid, a Spanish restaurant in Los Angeles. We'd been together only for a few months when I met Lauren's mum, Adele, and dad, Scott. They had flown to LA for the premiere of *The 40-Year-Old Virgin*. That trip was when Lauren first started to realise something wasn't quite right with her mum. Adele spoke less than she had

in the past, and when she did talk, she'd ask the same question a lot or repeat the same story.

I remember Lauren saying, "It's happening." Her grandparents had Alzheimer's; she could see the signs. She cried about it a lot, because she knew.

I tried to be supportive, but I didn't quite have the context of what a long, brutal road we had ahead of us. Whenever a couple have to deal with something like this, it brings them closer together or splits them apart. It brought us closer. Dealing with this intense stuff, just a few months into our relationship, forced us to be more communicative than we would have been.



Seth with Lauren, her brother, Dan, Adele and Scott in 2010

We moved in together after a year, and in 2010, I proposed to Lauren when she was changing in our closet. I had more elaborate plans, but once I got the ring, I felt like I had a nuke hidden in my garage, and I had to unload it. She was not entirely clothed at the time. I got down on one knee, and she said yes, and then we ate buffalo wings and watched *Top Chef*. It was a great night. We got married in 2011.

A few years into our relationship, Lauren's mother was officially diagnosed with early-onset Alzheimer's. For some, a diagnosis can be a relief – you know what you're dealing with. But it made things harder for us. We could no longer hope it was not Alzheimer's. Adele had been a teacher for 35 years, and had to stop working. Her condition continued to deteriorate. I would visit their place, and she wouldn't say much. She'd just wipe up in the kitchen for a long time, and they didn't have that big a kitchen. She was getting lost in busy physical repetition, a common symptom, and it was more obvious something was off.

Slowly, over years, caring for Adele became a 24/7 job for Lauren's father. Eventually, she needed a wheelchair and someone to feed her and clean her. Lauren and I started to realise that caring for Adele occupied 100% of her father's life. We needed to try to help him. That's when we moved her parents to LA, just a few blocks from where we live. We bought them a duplex. Her father's on one side, and her mother and full-time carer are on the other side.

The depressing thing about Alzheimer's is you can't do anything. But just sitting there, watching it happen, was emotionally brutal. So we started Hilarity For Charity (hilarityforcharity.org) to raise money for research and awareness. One thing we're doing with the money is, we thought, 'Wouldn't it be nice if everyone could afford to provide the type of care I'm very fortunately able to help provide?' So, we partnered with senior-care organisation Home Instead to offer grants to provide in-home care for people who can't afford it. That's exciting for Alzheimer's families.

> "I remember Lauren saying, 'It's happening.' Her grandparents had Alzheimer's; she knew the signs"

Then I was invited to speak to members of the Senate. But no one – only two senators – attended the subcommittee meeting. And I'm a famous person, so I can't imagine how few people would have shown up if I wasn't there! I believe the biggest obstacle to the disease being cured is the government not taking a more active approach to finding a cure. Alzheimer's is the number-six cause of death in the US; of the top 10, Alzheimer's is the least funded and the only one with no treatment whatsoever. I've had scientists tell me that their students – researchers who could cure Alzheimer's some day – do not feel inspired to go into that field, because of how underfunded it is.

With my Senate testimony, for one moment Alzheimer's became a trendy thing to be talking about, which is the first very small step. It's not a glamorous disease. There are no success stories. There is a stigma: only old people get it, so people in their twenties, with parents in their fifties who have it, feel weird talking about it. It took Lauren years to talk about her mother's illness with her friends; I think one of the most notable things she's done has been to get involved in the charity. It's forcing her to constantly dwell in a world that I'm sure she'd rather just not think about.

The truth is, Alzheimer's will ultimately kill Lauren's mother. It will take a long time, and things will slowly get worse and worse and worse, until it happens. And in our morbid moments, we know that Lauren could get this disease – it runs in her family. It's not something we talk about a lot, but it's definitely out there. That scares me, but we remain hopeful it won't happen. And it doesn't have to. Doctors think Alzheimer's is curable. I mean, they've prevented polio. There are a lot of smart people out there curing shit. Why not Alzheimer's next? G

Alzheimer's in the UK

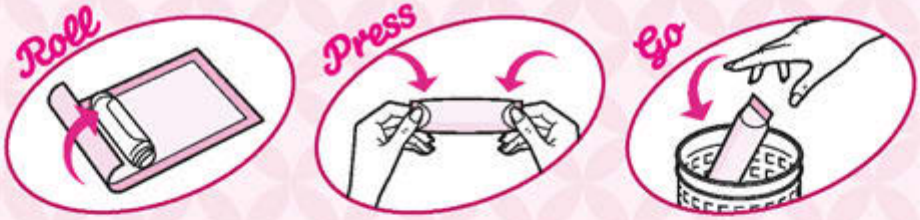
Approximately 850,000 people in this country suffer from Alzheimer's. If you're affected by the disease or any other form of dementia, visit alzheimers.org.uk for more information, or call the Alzheimer's Society National Dementia Helpline on 0300 222 1122

As told to Alex Morris. Photographs: Getty Images/Wireimage, Seth Rogen and Lauren Miller

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Who run the world?

To celebrate International Women's Day on March 8, we asked powerful women to reveal who *they* admire. Prepare to be inspired. By **Zoe Williams**

VICTORIA BECKHAM



nominates… DR DEBORAH BIRX, Ambassador-at-Large and US Global AIDS Co-Ordinator.

Victoria says "I met Debbie last year when I was appointed as UN AIDS International Goodwill Ambassador and invited to speak at the UN General Assembly in New York. The meeting had a profound effect on me. She's an intelligent, elegant powerhouse who has spent over 30 years focusing on HIV/AIDS immunology and vaccine research. She oversees the US President's Emergency Plan for AIDS Relief (PEPFAR), which is the largest commitment by any nation to combat a single disease, so a *huge* responsibility. She also served in the US Army, rising to the rank of Colonel, and was awarded two service medals for her research and leadership when she increased the US military's efforts towards HIV and AIDS. She is also a mother and understands the pressures of juggling a professional life with a family.

On International Women's Day 2015, I believe we must support each other, celebrate the huge achievements and acknowledge the difficult struggles of women across the world."

Dr Deborah Birx says "HIV/AIDS is the leading cause of death among adolescent girls and young women in low- and middle-income countries. Our partnership with the Nike Foundation and the Bill & Melinda Gates Foundation, called DREAMS, will focus on reducing new cases of HIV among girls and young women so they can live Determined, Resilient, Empowered, AIDS-free, Mentored and Safe. We have to approach HIV/AIDS as a community and family issue, as well as a public health issue."



SAMANTHA CAMERON nominates…

CLARISSA MITCHELL and REVEREND CELIA CARTER, co-founders of Hop Skip and Jump, a charity offering childcare for disabled children.



Samantha says "Clarissa and Celia are two of the most dynamic women you could ever meet. Their charity is transforming the lives of families with disabled children, and it's all down to their dedication and commitment that the charity has come so far. I have been privileged to invite them to Downing Street on a number of occasions to support their initiatives. I know from my own experience how difficult it can be to bring up a disabled child, but their kindness and commitment to helping so many families is amazing."

Celia says "Our main aim is to give parents a few hours off from the extraordinary job they are doing caring for their special needs children. Our new project, Care In The High Street, will create units in shopping centres with trained staff to look after disabled children, so their parents can do things others take for granted, like meeting a friend for coffee."

JUSTINE ROBERTS,

Mumsnet founder, **nominates… LAURA BATES**, founder of The Everyday Sexism Project.



Justine says "Laura took a simple idea – sexism goes unchallenged with alarming frequency – and used Twitter brilliantly to address it."

Laura says "Since launching in 2012, we've collected 80,000 experiences of gender inequality. I now want to make it compulsory for young people to learn about consent and healthy relationships."

DIANE VON FURSTENBERG

nominates… DR SUNITHA KRISHNAN, founder of Prajwala, an Indian NGO looking after victims of prostitution and sex trafficking.



Diane says "Sunitha's so strong. Her belief and optimism are uplifting and empowering."

Sunitha says "When I was 15, I was gang-raped by men who opposed my work teaching street kids. I feel the same now as I felt then: I haven't done anything wrong, so why am I supposed to feel pain and shame? The people who did it should. I run one of the world's biggest rehabilitation centres, rescuing girls in India from prostitution, giving them a home to recover. The best way to bring about change is through collective action." ▶



HELENA MORRISSEY, CEO of Newton Investment Management and founder of The 30% Club, **nominates… KAREN MATTISON**, founder of Timewise and The Power Part Time List.

Helena says "Karen is so impressive for everything she's doing to change perceptions of flexible working."

Karen says "I set up Timewise, a website for part-time jobs, ten years ago. I had small kids, I still felt ambitious. I wanted to work flexibly and the door was closed. I was told, 'You can't do a role with any seniority. You can't do those things unless you're there all the time.' Really, this is about being comfortable judging people by their output, rather than where they're sitting."



BOBBI BROWN, cosmetics entrepreneur, **nominates… LIZ MURRAY**, author of *Breaking Night*.

Bobbi says "I was so moved by Liz's story of growing up with drug-addicted parents, surviving homelessness and making it to Harvard. Despite the tough experiences, she has made an incredible life for herself empowering other women."

Liz says "I said to myself, 'What if I woke up, and every single day I did everything within my ability during that day to change my life? What could happen in just a month? A year?' I learned that no one truly knows what is possible until they go and do it."



RONA FAIRHEAD, BBC Trust Chairman, **nominates… MELISSA LEACH**, director of The Institute Of Development Studies.

Rona says "Melissa's research over the past 30 years, in countries like Guinea and Sierra Leone, has always been motivated by her desire to improve the world for *everyone* in it."

Melissa says "My aim has been to reveal the perspectives and priorities of people who are poor and marginalised around the world. There are many big challenges – Ebola is one, climate change is another, as well as growing inequalities, including in this country – and while there aren't any magic bullets, it's often about making small changes."





SARAH BROWN nominates… GRAÇA MACHEL, Mozambican politician and social and political activist.

Sarah says "Graça is the only woman who's been First Lady of two nations (Mozambique, then South Africa, as Nelson Mandela's wife), but her achievements stand up on their own. At 30, she was Mozambique's Minister of Education and Culture and under her tenure, primary school enrolment went from 40% to over 90% for boys and 75% for girls. I am proud to work with her supporting A World At School, aiming to get children into schools, and to call her my friend."

Graça says "When men and women truly come together around an agenda for women's empowerment in every sphere of life, underpinned by equal access to education, the scope for progress is unlimited."



JO MALONE, MBE, entrepreneur, **nominates… REBECCA BISHOP**, Area Fundraising Manager for Macmillan Cancer Support.

Jo says "Totally committed and relentless in her fundraising efforts, Rebecca has inspired her team to double fundraised income in Manchester from £1m to over £2m. A wonderful wife, mother and friend, she's always smiling. A true inspiration!"

Rebecca says "Cancer isn't something that's going to go away – by 2020, half of the UK population will be diagnosed with it at some point in their lives, which is why I feel passionately about fundraising. What I love about my work is that we don't just offer amazing nurses, we shape everything we do around what people tell us they need."



CAMILA BATMANGHELIDJH, Founder of Kids Company, **nominates… MAZ ALAVI**, teacher at Kids Company.

Camila says "Maz has worked at Kids Company for 17 years with some of the most profoundly disturbed children and young people. She's a nurse as well as a teacher and has been an absolute lifeline to these kids. They adore her."

Maz says "My job is exciting, challenging and life-changing. One thing I'd like to see is more education facilities for children from difficult backgrounds – it's so important to teach girls, in particular, to be themselves and grow to be independent, responsible adults." G

Photographs: Rex Features, Jay Westcott, Getty Images, Camerapress, Steve Hart, Cat Price Photography, Wireimage, Film Magic

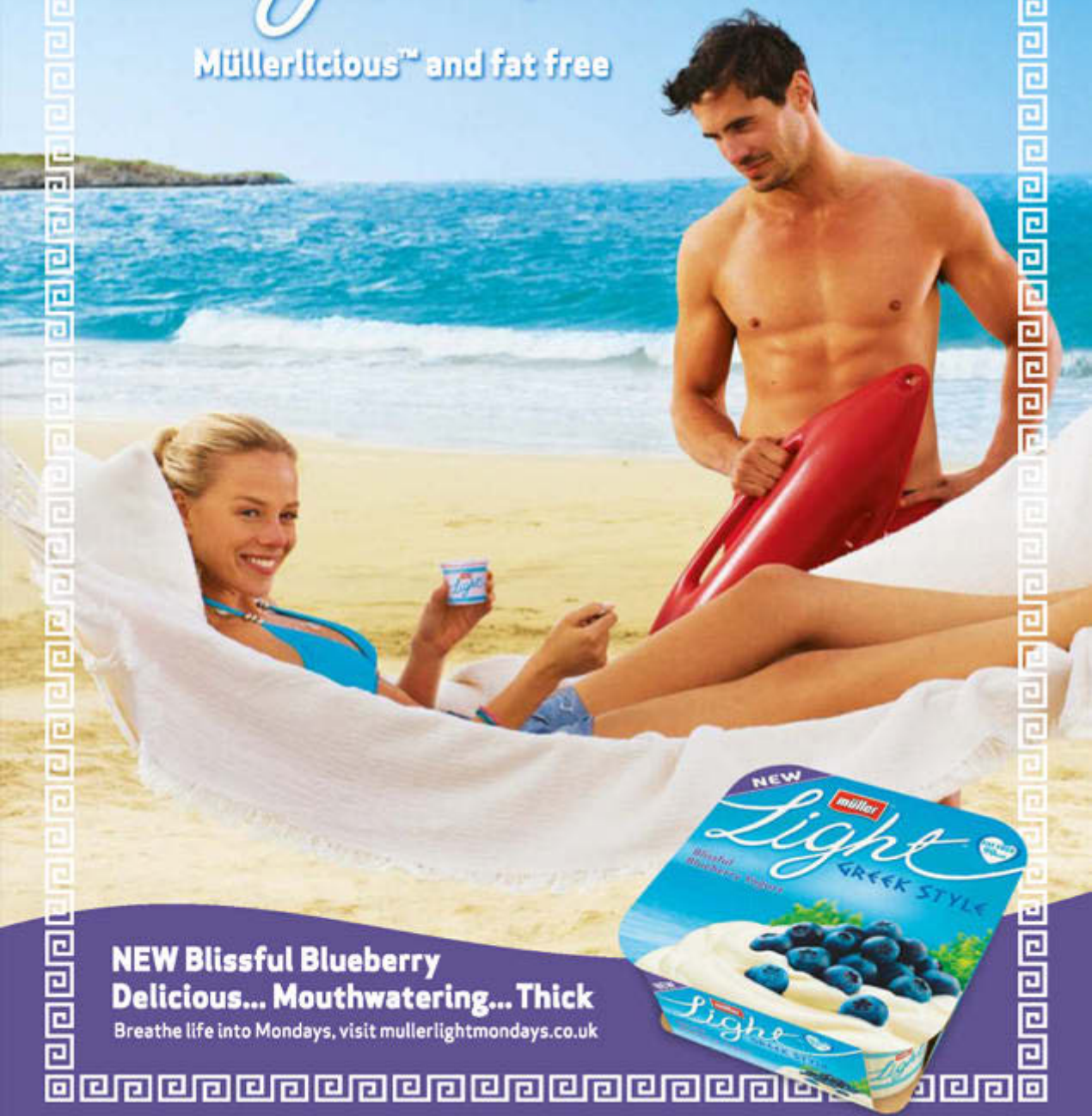
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WHAT *Love* LOOKS LIKE IN 2015







We wanted to find out what love means now – so we asked you to tell us. And from finding The One to swerving "I do", you're rewriting the rules and doing it your way. By **Kerry Potter**

Photographs by **Victoria Adamson**







Call us nosy, but here at GLAMOUR we always want to know about your love life. Yep, *all* about it. So, in our quest to get the full picture, we surveyed more than 1,400 readers, asking everything from where you met, to what you expect from a relationship and how much sex you're *really* having.

What came through loud and clear is that you're becoming 'flexible realists'. Nope, nothing to do with a new yoga position – it involves being open-minded about dating methods and how you conduct your relationships, while also having realistic expectations about love.

And despite what Hollywood might have us believe, you aren't desperately seeking The One. In fact, there might be The Two, or The Three. Or even The So Many I Lost Count.

When it comes to relationships, you are rewriting the script as you see fit. And while we all want to be loved, most of us are under no illusions – there's a life out there to get on with, whether you've found your soulmate or not. So, as dictated by you, here are GLAMOUR's new love rules.

76%
of you believe there'll be more than one 'love of your life'



Love isn't always forever – and that's fine

You don't believe in fairytales any more, that's for sure. More than a third of you (37%) don't think love is forever, and only a quarter believe you'll have one love of your life. Of those in a relationship, 69% of you believe your partner is your soulmate, 6% know that they're not – leaving 25% unsure.

"As much as I'd like the dream ending with my boyfriend, you have to be pragmatic," says Laura Callan, 26, who works in a nursery in London. "I remember reading Cameron Diaz talking about having a series of long-term relationships, one after another – and once they ran their course, that was it. I can see the appeal of that."

A sensible approach, it seems. "We've been sold this Disney version of love, but lots of women are getting real," says Anjula Mutanda, psychotherapist and author of *How To Do Relationships*. "Many don't believe The One exists in one person. Instead, they might have various partners over their lifetime, or settle for someone they love as a best friend and make a relationship from that. When you're more realistic, your expectations shift. That means you're more likely to have a successful relationship that you can work on." ▶



Online dating is the norm

A decade ago, early adopters of online dating might have been embarrassed to admit how they got together – strangely, it was seen as more acceptable to have drunkenly met on a dancefloor. But today, it's standard. If you met your partner on a dating site or app, 77% of you would be honest with friends and family about it. In fact, 14% of you met your partner online, with PlentyOfFish being the most popular site. And of those who did, 25% have since married.

"I met my boyfriend on Guardian Soulmates two years ago and we've just bought a house," says Mel Jenkins, 31, a deputy head teacher from Birmingham. "I'm frank about how we met – I say I bought him off the internet! Online dating is just another social network. It appealed to me because you can weed out the non-starters from the off."

Dr David Hamilton, author of *I Heart Me: The Science Of Self-Love*, says it's an accepted part of dating culture. "We have an inner drive to do the same things as others," he says. "Once something becomes normal, people talk about it more and others get involved. And it's made it much less stressful for people to ask someone out."

You love to share

It's a divisive topic – is that Instagrammed selfie of your scantily clad friend and her man having a hotel breakfast in bed on their one-year anniversary heart-warming, or a classic case of TMI? One woman's sharing is another's *over*-sharing, but lots of you are doing it, with 39% regularly posting details of your relationships online.

"The guy I've been dating for six months works on oil rigs, so he's away for long periods – social media is the natural way to communicate," says Cara Knight, 28, a shop manager from Durham. "When we changed our Facebook statuses to 'in a relationship', I got about 100 likes and comments. It made me feel happy that my friends are so supportive," she says.

77% of you would be honest about meeting your partner online

39% of you give regular online updates on your relationship

If you've grown up nurturing an online extension of your life, it feels natural to post about your relationship. "In lots of ways, it's an extension of the way that women have always talked to their girlfriends about their love lives, but it's easy to forget how public it actually is," says Mutanda.



Marriage isn't a priority

"I'm confident my boyfriend and I are in it for the long term – we're thinking about starting a family – but we have no plans to get married," says Becky Hislop, 29, a marketing assistant from London. "I just don't see the relevance of that bit of paper." We used to be conditioned to believe that only by being married could we be truly happy, but now our brains are being rewired.

"The neural pathways of our brains wire according to our life experiences," says Dr Hamilton. "Now, more children grow up experiencing divorce, meaning the neural pathways adapt to connect happiness with other things, beyond the traditional family unit. We have started to feel comfortable with the idea of doing things differently."

Today, there are fewer expectations on women to marry the first half-decent man to come along. "For our parents' generation, the attitude of keeping your options open was seen as wrong. Now it's seen as intelligent. Women want to make sure they're committing to the right relationship," says Dr Hamilton.

57% of you don't believe marriage is the ultimate goal of a relationship

You'd like more intimacy

There we were thinking that everyone else was involved in a dating app-inspired shagathon when, in reality, most of you are disappointed with the amount of action you're getting. Almost 60% of you wish you had more sex. If you're in love, 29% of you have sex less than once a week – and only 14% of you who aren't in love have sex on at least a weekly basis.

"I haven't had sex for seven months, but I've learned that one-night stands aren't appealing," says Anna Tate, 32, a web editor from Manchester, who is single. "I do online dating, but we're not giving relationships enough time – it takes a while to get to a point with someone where you gel sexually, but as you often only see people once or twice, you don't get a chance to make a connection."

The culprits, says Mutanda, are work and technology. "Increasingly, women are working so hard, they're too tired to have sex," she says. "I counsel lots of couples who end up on their iPads in bed. We're losing the art of being in a room with a person and getting close to them, and this can be a problem in relationships and with casual online dating too."

But intimacy is about much more than just having sex. "Most of us are realistic about the fact that in relationships there are times when the sexual spark does ebb and flow," says Mutanda. "Keeping up small gestures like hugging and holding hands can get us back on track."

60%
of you wish you had more sex

Career comes before love

Single or otherwise, your job is the biggest thing for most of you right now. "I have no choice but to spend a huge amount of time at work," says Kasia Hastings, a 23-year-old Londoner who works in publishing. "My focus is working my way up and finding financial security. My friends and I say we don't have time to find love now. We might do superficial dating, but that's it. We talk about this idea of having a 'Sunday boyfriend' – just for the weekend when you're hungover and need someone to snuggle on the sofa with."

While this is the polar opposite of the traditional notion that we all want to move in and settle down with Mr Right and then spend every free moment together, a weekend boyfriend sounds quite appealing – you get to see your friends and focus on work during the week.

"Shaping your career is a great way of expressing your identity and helping you find out who you are. It's something we have control over and it makes us feel good," says Mutanda. "These days, no one has to get engaged, live together and have babies by their mid twenties – and they may well not want that anyway. Women are living life on their own terms."

1,434 female GLAMOUR readers aged 16+ took part in a GLAMOUR survey in November 2014



Love
A MAN'S VIEW

Writer Josh Burt (above) spent most of his life wondering what love feels like. Turns out, it's surprisingly relaxing

Growing up, as a boy, you have to decipher how love might feel through piecing together a haphazard stream of abstract clues. People talk about lightning bolts and electricity, people sound pained in songs, shout from rooftops in movies; at some point it becomes synonymous with sex and people speak of a distinction between having a shag and 'making love'.

It's a big bowl of confusion, and because the age-old notions of masculinity don't allow us much room for emotional discussion, guys are pretty much hunting in the dark. What is love? How will it feel? Will I even know what it is when it happens? I spent years wandering around awaiting a crack of thunder at the sight of the girl I'd know was The One. But, of course, it wasn't like that. True love was something that crept up and surprised me in a low-key way. When I first met my gal (now wife), Hannah, in the pub (she was a friend of a friend), I thought she was ace, but there were no cartoon klaxons and my eyes didn't come out on stalks. In fact, for the first few months, I was waiting for the disappointment that I'd been programmed to expect from relationships. But we just got on, and on, and on. We made each other laugh, there was never a good reason *not* to be together. That was the beginning of true love.

It's different for everyone. I've had girlfriends who've insisted on us declaring our emotions on an hourly basis. I've known men who insist they're in love but seem to be living in fear of getting told off. I've seen this in reverse, too. But love isn't sex four times a night. Love isn't found at the heart of a molten ball of perpetual suspicion and jealousy. Love isn't nervously wondering whether the person you love loves you too. Love isn't found in elaborate gestures and weekends away. Love isn't allowing someone to be cruel to you because they can't handle their own emotions.

For me, love is being totally at ease. It's looking at my wife and seeing not just everything I love about her, but everything I love about myself, too. Blokes are as needy as anyone else, so love is bathing in the reflective glory of someone who sees the version of you that you love the most.

So, when I'm with the woman I love, I'm not squirming and turning myself inside out because it's so potent and powerful that I want to tear my shirt off and DANCE, I'm just content and at peace. And that's genuinely the best feeling in the world. G

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Calling all beauty addicts: here's an address for your little black book! Sometimes, we want grooming results that lotions and potions can't deliver (we're thinking hair-free legs that last all summer, please!). And that's where The Harley Medical Group comes in. Their specially selected and trained medical professionals have long been providing the most sought after laser and skin treatments – and their laser hair removal is medically proven to give you **permanent hair reduction**. And to help you make the move to permanent 'super smooth', we asked nurse Laura Daly, non-surgical training manager from The Harley Medical Group, to answer all your questions about this treatment. The verdict? It's time to throw away that razor for good…



"The Harley Medical Group uses Class 4 lasers which are FDA approved for permanent hair reduction"*

Nurse Laura Daly, non-surgical training manager

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3 Does it work for all hair and skin colours?

We treat the majority of skintones and hair colours for hair reduction, including Asian and dark skin. We also have rights to an FDA-approved* product called Meladine, which helps with hair reduction and is suitable for fair-skinned patients with pale blonde, white, grey or red hair. These hair colours generally lack eumelanin, the pigment which makes hair dark. However, hair reduction using medical lasers is not possible for people with darker skins who have white or grey hair.

4 How should I care for my skin after the treatment?

Your skin needs to be kept moisturised throughout your course (we recommend aloe vera for the first day or two after each

treatment). Patients also benefit from using our Replenishing Exfoliator twice a week to help the hairs fall out and to leave skin soft (but avoid using it three days pre- and post- each treatment). Avoid UV exposure on the treated area for at least two weeks.

5 Is it suitable for facial hair?

Yes, it can work on any part of the body, including facial areas, which are one of our most popular areas.

6 What exactly does the treatment involve?

First, a consultation and test patch with one of our nurses. Courses are spaced at four-to-ten-weekly intervals, depending on the area treated. Hairs must be trimmed to an optimum length two days before your first treatment. Within two weeks, the 'active' hairs start to fall out. Each hair has its own growth cycle, so reduction is a gradual process. Avoid waxing, plucking, epilating or bleaching between treatments.

7 What qualifications do the practitioners have?

All our practitioners who work with lasers must be a registered nurse or specialised aesthetic practitioner, who will have gone through rigorous training and regular assessments.

8 Will my unwanted hair be gone forever?

Unfortunately, there is no such thing as permanent hair removal, but we can normally achieve a permanent hair *reduction*.

9 How many sessions will I need to see results?

On average, a course of four to eight treatments is advised (facial areas need the most sessions) – and maintenance treatments are needed to achieve long-term results.

10 How much does it cost per session?

Depending on the area to be treated, treatment starts from £35 for smaller areas and increases for full body areas. We offer maintenance packages to clients who have laser hair removal courses.

11 Is the treatment safe if I tan?

We insist on a melanin check prior to each treatment to make sure the skin has not tanned since the previous laser session. It's very easy to pick up UV rays even just from being out shopping. So we feel it's safer to always do a melanin check to rule out any underlying tan, as treating newly tanned skin would give rise to post-treatment issues.



"LASER HAIR REMOVAL CHANGED MY LIFE"

Georgina, 25
Treatment: Full Leg Laser Hair Removal

"I started to think about laser hair removal treatment because I found shaving every day a real drag – especially in summer. Who wants to be shaving your legs at 6.30am just so you can wear a cute dress? I'd tried waxing but found it too painful (especially for results that only last three weeks!), and I'd heard good things from friends who'd tried laser hair removal, so I decided to give it a go. I really wanted to make sure I got the best possible treatment, so I went to The Harley Medical Group because they're a well-known company I could trust. Before my first treatment, I was a bit worried that it might hurt – but as soon as it began, I realised it was less painful than waxing! Even better, I noticed a difference straight away. I had no visible hairs after my first visit to the clinic, so I didn't have to shave my legs at all. And now, after four sessions of treatment, they're completely smooth. And I loved the results so much, I've just started treatment on my underarms."

EXCLUSIVE GLAMOUR OFFER!

Book any laser hair removal treatment with The Harley Medical Group and you'll get **25% off!** **

Get gorgeous skin – for free!

To get your summer off to a good start, The Harley Medical Group are giving away a course of non-invasive treatment. You could also bag one of ten personalised skincare packages. Visit glamourmagazine/promotions/harley

** For more information and to receive your exclusive GLAMOUR offer, visit **harleymedical.co.uk** and quote: GLAMOURLHR25

THE HARLEY MEDICAL GROUP*
FOUNDED ON CARE

*Approved by US Food & Drug Administration. Full terms and conditions apply, please visit: harleymedical.co.uk/terms-conditions. Photograph:Getty



Vote NOW for your GLAMOUR WOMEN of the YEAR

IN ASSOCIATION WITH next

Tell us the women who have rocked your world this year and you could win the chance to party with them

Yep, it's that time when you get to tell us whose music you've had on permanent repeat, who's had you laughing your ass off and who's made you cancel your social life in order to devour that box-set. At last year's GLAMOUR Women of the Year Awards, we sipped cocktails alongside Alexa Chung, cheered at Dame Helen Mirren's awesome expletive-ridden speech and tried not to swoon over Ryan Reynolds (we failed). Our 12th annual awards will be held in London on June 2, and we've teamed up again with high-street fashion giant Next to make it our biggest and best Awards yet. And you could be there. For your chance to win two tickets, simply tick your favourite choice in each category (or nominate somebody we've missed) and return the form to GLAMOUR HQ, or head over to GLAMOUR.com and vote online. Do it now – and maybe we'll see you at the bar!

UK TV Actress

- ☐ Charlotte Riley, *Peaky Blinders*
- ☐ Emilia Clarke, *Game Of Thrones*
- ☐ Gillian Anderson, *The Fall*
- ☐ Helen George, *Call The Midwife*
- ☐ Helen McCrory, *Peaky Blinders*
- ☐ Jenna Coleman, *Doctor Who*
- ☐ Jodie Whittaker, *Broadchurch*
- ☐ Keeley Hawes, *Line Of Duty*
- ☐ Laura Carmichael, *Downton Abbey*
- ☐ Lena Headey, *Game Of Thrones*
- ☐ Lily James, *Downton Abbey*
- ☐ Michelle Dockery, *Downton Abbey*
- ☐ Olivia Colman, *Broadchurch*
- ☐ Sheridan Smith, *Cilla*
- ☐ Sophie Turner, *Game Of Thrones*

Other.....

International TV Actress

- ☐ Christina Hendricks, *Mad Men*
- ☐ Claire Danes, *Homeland*
- ☐ Elisabeth Moss, *Mad Men*
- ☐ Emily VanCamp, *Revenge*
- ☐ Eva Green, *Penny Dreadful*
- ☐ Hayden Panettiere, *Nashville*
- ☐ January Jones, *Mad Men*
- ☐ Jessica Lange, *American Horror Story*
- ☐ Kerry Washington, *Scandal*
- ☐ Liv Tyler, *The Leftovers*
- ☐ Lizzy Caplan, *Masters Of Sex*
- ☐ Maggie Gyllenhaal, *The Honourable Woman*
- ☐ Robin Wright, *House Of Cards*
- ☐ Sofie Gråbøl, *Fortitude*
- ☐ Tatiana Maslany, *Orphan Black*
- ☐ Taylor Schilling, *Orange Is The New Black*
- ☐ Viola Davis, *How To Get Away With Murder*
- ☐ Zosia Mamet, *Girls*

Other.....

Comedy Actress

- ☐ Amy Poehler, *Parks And Recreation*
- ☐ Aubrey Plaza, *Parks And Recreation*
- ☐ Jessica Knappett, *Drifters*
- ☐ Julia Louis-Dreyfus, *Veep*
- ☐ Julie Bowen, *Modern Family*
- ☐ Kaley Cuoco-Sweeting, *The Big Bang Theory*



Just some of our guests at last year's Awards (from left)**: Naomi Campbell, Ryan Reynolds, Helen Mirren, Sam Claflin, Natalie Dormer, Emily VanCamp, Samuel L Jackson, Little Mix, Dermot O'Leary, Paloma Faith, Daisy Lowe, Alexa Chung, Taylor Schilling**

☐ Lisa Kudrow, *The Comeback*
☐ Melissa McCarthy, *Tammy*
☐ Mindy Kaling, *The Mindy Project*
☐ Morgana Robinson, *Psychobitches*
☐ Rashida Jones, *Parks And Recreation*
☐ Rose Byrne, *Bad Neighbours*
☐ Sofía Vergara, *Modern Family*
☐ Uzo Aduba, *Orange Is The New Black*
☐ Zooey Deschanel, *New Girl*
Other.....

Radio Personality

☐ Alice Levine, *BBC Radio 1*
☐ Annie Mac, *BBC Radio 1*
☐ Clare Balding, *BBC Radio 2*
☐ Claudia Winkleman, *BBC Radio 2*
☐ Edith Bowman, *BBC Radio 1*
☐ Emma Bunton, *Heart*
☐ Fearne Cotton, *BBC Radio 1*
☐ Gemma Cairney, *BBC Radio 1*
☐ Jameela Jamil, *BBC Radio 1*
☐ Jo Whiley, *BBC Radio 2*
☐ Lauren Laverne, *BBC Radio 6 Music*
☐ Lisa Snowdon, *Capital FM*
Other.....

International Musician/ Solo Artist

☐ Ariana Grande
☐ Azealia Banks
☐ Beyoncé
☐ Iggy Azalea
☐ Jennifer Lopez
☐ Katy Perry
☐ Lana Del Rey
☐ Lorde
☐ Rihanna
☐ Solange Knowles
☐ Taylor Swift
Other.....

Band

☐ Fifth Harmony
☐ HAIM
☐ Jagaara
☐ Little Mix
☐ Neon Jungle
☐ Say Lou Lou
☐ The Saturdays
Other.....

Sportswoman

☐ Becky Downie – *gymnast, Commonwealth gold medallist*
☐ Casey Stoney – *England women's football captain*
☐ Charlotte Edwards – *England women's cricket captain*
☐ Claudia Fragapane – *gymnast, quadruple Commonwealth gold medallist*
☐ Eilidh Child, *400m hurdles European Championships gold medallist*
☐ Jo Pavey, *10,000m European Championships gold medallist*
☐ Katy McLean – *England women's rugby captain*
☐ Laura Trott – *cyclist, most successful rider in the history of the European Track Championships*
☐ Siobhan-Marie O'Connor – *swimmer, sextuple Commonwealth medallist*
☐ Tiffany Porter – *100m hurdles European Championships gold medallist*
☐ Zoe Smith – *weightlifter, Commonwealth gold medallist*
Other.....

TV Personality

☐ Alesha Dixon, *Britain's Got Talent*
☐ Amanda Holden, *Britain's Got Talent*
☐ Darcey Bussell, *Strictly Come Dancing*
☐ Dawn O'Porter, *This Old Thing*
☐ Fearne Cotton, *Celebrity Juice*
☐ Holly Willoughby, *Celebrity Juice*
☐ Lorraine Pascale, *How To Be A Better Cook*
☐ Mary Berry, *The Great British Bake Off*
☐ Mel B, *The X Factor*
☐ Rita Ora, *The Voice*
Other.....

Theatre Actress

☐ Billie Piper, *Great Britain*
☐ Emma Thompson, *Sweeney Todd*
☐ Gemma Arterton, *Made In Dagenham*
☐ Gillian Anderson, *A Streetcar Named Desire*
☐ Helen McCrory, *Medea*
☐ Kristin Scott Thomas, *Electra*
☐ Lindsay Lohan, *Speed-The-Plow*
☐ Nicole Scherzinger, *Cats*
☐ Tamsin Greig, *Women On The Verge Of A Nervous Breakdown*
Other.....

Film-maker

☐ Angelina Jolie – *director, Unbroken*
☐ Ava DuVernay – *director, Selma*
☐ Cheryl Strayed – *writer, Wild*
☐ Gillian Flynn – *screenwriter, Gone Girl*
☐ Jane Goldman – *writer, X-Men: Days Of Future Past*
☐ Laura Wade – *writer, The Riot Club*
☐ Melissa McCarthy – *writer, Tammy*
☐ Reese Witherspoon – *producer, Wild*
☐ Sam Taylor-Johnson – *director, Fifty Shades Of Grey*
Other.....

TV Presenter

☐ Alex Jones, *The One Show*
☐ Charlie Webster, *Sky Sports News* ▶

☐ Claudia Winkleman and Tess Daly, *Strictly Come Dancing*
☐ Davina McCall, *Long Lost Family*
☐ Kirsty Gallacher, *Sky Sports News*
☐ Laura Whitmore, *I'm A Celebrity... Get Me Out Of Here! Now!*
☐ Mel Giedroyc and Sue Perkins, *The Great British Bake Off*
☐ Sarah-Jane Crawford, *The Xtra Factor*
☐ Susanna Reid, *Good Morning Britain*
☐ Zoe Ball, *It Takes Two*
Other.....

Designer

☐ Diane Von Furstenberg
☐ Donna Karan
☐ Frida Giannini, *Gucci*
☐ Isabel Marant
☐ Jenna Lyons, *J Crew*
☐ Luella Bartley, *design director women ready-to-wear, Marc By Marc Jacobs*
☐ Mary Katrantzou
☐ Miuccia Prada
☐ Phoebe Philo, *Céline*
☐ Roksanda Ilincic
☐ Simone Rocha
☐ Stella McCartney
☐ Victoria Beckham
Other.....

Accessories Designer

☐ Anya Hindmarch
☐ Charlotte Dellal, *Charlotte Olympia*
☐ Frida Giannini, *Gucci*
☐ Katie Hillier, *creative director, Marc By Marc Jacobs*
☐ Lulu Guinness
☐ Phoebe Philo, *Céline*
☐ Sophia Webster
☐ Stella McCartney
☐ Victoria Beckham
Other.....

Writer

☐ Amy Poehler, *Yes Please*
☐ Bryony Gordon, *The Wrong Knickers*
☐ Caitlin Moran, *How To Build A Girl*
☐ Cecelia Ahern, *The Year I Met You*
☐ Eimear McBride, *A Girl Is A Half-Formed Thing*
☐ Emily St John Mandel, *Station Eleven*
☐ Helen Macdonald, *H Is For Hawk*
☐ Jessie Burton, *The Miniaturist*
☐ Laini Taylor, *Dreams Of Gods & Monsters*
☐ Lena Dunham, *Not That Kind Of Girl*
☐ Marian Keyes, *The Woman Who Stole My Life*
☐ Naomi Wood, *Mrs Hemingway*
☐ Robert Galbraith/JK Rowling, *The Silkworm*
☐ Sarah Waters, *The Paying Guests*
Other.....

Columnist

☐ Bryony Gordon, *The Telegraph* & *Stella*
☐ Caitlin Moran, *The Times* & *The Times Magazine*
☐ Camilla Long, *The Sunday Times*
☐ Grace Dent, *The Independent*
☐ Hadley Freeman, *The Guardian*
☐ Jane Moore, *The Sun*
☐ Katie Glass, *The Sunday Times Magazine*
☐ Lauren Laverne, *The Observer*
☐ Laurie Penny, *New Statesman*
☐ Susie Boniface, *mirror.co.uk as Fleet Street Fox*
☐ Suzanne Moore, *The Guardian*
☐ Viv Groskop, *The Observer*
☐ Zoe Williams, *The Guardian*
Other.....

NEXT Breakthrough

☐ Alice Englert, *New Worlds*
☐ Amy Schumer, *Inside Amy Schumer*
☐ Charli XCX
☐ Eleanor Tomlinson, *Poldark*
☐ Ella Eyre
☐ Ella Henderson
☐ FKA Twigs
☐ Gugu Mbatha-Raw, *Belle*
☐ Iggy Azalea
☐ Jenny Slate, *Obvious Child*
☐ Katherine Waterston, *Inherent Vice*
☐ Kaya Scodelario, *The Maze Runner*
☐ Lorelei Linklater, *Boyhood*
☐ Phoebe Fox, *The Woman In Black 2: Angel Of Death*
Other.....

Countdown BRITISH SOLO ARTIST

☐ Ella Eyre
☐ Ellie Goulding
☐ FKA Twigs
☐ Jessie J
☐ Jessie Ware
☐ Paloma Faith
☐ Rita Ora
Other.....

Special Awards

These will be decided by a GLAMOUR panel, but tell us who you'd like to win:

Film Actress
Entrepreneur
Outstanding Contribution
Inspiration
Man of the Year
Woman of the Year

GLAMOUR WOMEN of the YEAR

IN ASSOCIATION WITH next

Tick one name in each category (or nominate your own entry in the space provided) and return the completed pages, or a photocopy, to: GLAMOUR Women of the Year, 13 Hanover Square, London W1S 1HN. Alternatively, cast your votes at GLAMOUR.com. Closing date **March 31, 2015**. Voting will automatically enter you into the draw to win two tickets to the event. Please complete all contact details below:

Name Age

Address

.....

Postcode

Mobile phone number

Email address

If you're not a member already, would you like to join the GLAMOUR online panel, and be the first to take part in product tests and give your opinion by taking part in our online GLAMOUR surveys?
❑ Yes, by email ❑ No

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FOR PERFECT SKIN THAT LASTS
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GET THE LONDON LOOK
GEORGIA MAY JAGGER wears Lasting Finish 25HR Foundation shade 200.
Available in a variety of skin perfecting shades



Spring fling

Add a sprinkle of spring to your new season manicure…

Alexa Chung styles it up for spring in the Nails inc Blossom collection



Cherry Garden Street – apricot, hot pink and white £15

Columbia Road – lilac, hot pink and white £15

FOUR FEEL-GOOD SHADES

Bloomsbury Way – baby blue, candy floss pink and white £15

Covent Garden Mews – pale green and pastel pink £15

So it's finally time to get rid of those winter blues and put away your coat, hat and gloves. Spring has definitely sprung, so get onboard with one of the biggest runway trends – florals, of course! From big and bold at Marni and Simone Rocha to graphic and abstract at Louis Vuitton and Miu Miu, flowers were everywhere in this season's collections. And to capture this colourful trend, superstar beauty brand Nails inc has launched the new Blossom collection. Four beautiful shades, inspired by blooms from around the world, will definitely get you in the mood for warmer days and a colourful wardrobe. Wear as a stand-alone confetti-kissed look or pair with a pale pastel shade for added petal power. Featuring an exclusive Regenerating Complex, which boosts the production of keratin for harder, stronger and healthier nails, the formula also holds its shine and has an ultra-long-lasting finish. That's your nails – pretty and polished!

Shop the entire Nails inc Blossom collection at nailsinc.com
Proud of your mani? Show us your Nails inc manicure at:
@NAILSINC #FASHIONNAILED

KEEP IT NEAT

Soft and pretty is the nail trend of the season. Keep yours looking salon-ready with these handy tips:

* When filing your nails, avoid using metal nail files. An emery board is less harsh and you can control your shape more easily.

* The nail shape of the moment is short and round. If your nail bed is short, keep your nails longer and simply file the nail into a rounded shape to give the illusion of longer fingers.

* Almond oil is your nails' best friend. Rub a couple of drops into and around each nail bed. Soft and smooth hands in an instant!

* After moisturising your hands, rub a bit of nail polish remover over each nail to ensure there is no leftover cream or greasiness.

* For a quick tidy, use an old lip pencil brush dabbed in nail polish remover and swipe it around your nail bed.

* A top coat goes a long way to maintaining your mani. Try Nails inc 45 Second Top Coat with Kensington Caviar to help your mani dry faster and last longer!

Fiat with EXPO

INCLUSIVE INSURANCE THAT'S SAVVY CHIC

Bianca J thought a brand new Fiat 500 was out of her league, let alone having to pay extra for pricey insurance. Well, she was glad to be wrong. She chose a Fiat 500 with i-Deal powered by Carrot Insurance. It's one of the best ways of getting behind the wheel. With Fiat i-Deal powered by Carrot, Bianca gets fixed monthly payments covering PCP finance*, insurance^ and servicing†, and can even get cash rewards for being a good driver. And a Smartphone app to help her keep tabs on her driving style. To find out how you can get this season's must have Fiat 500 at an equally must have price, visit www.fiat500withinsurance.co.uk

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FIAT

fiat.co.uk

Fuel consumption figures for Fiat 500 range in mpg (l/100km): Urban 49.6 (5.7) – 64.2 (4.4); Extra Urban 65.7 (4.3) – 91.1 (3.1); Combined 58.9 (4.8) – 76.3 (3.7). CO_2 emissions 113 – 90 g/km. Fuel consumption and CO_2 figures based on standard EU tests for comparative purposes and may not reflect real driving results. *Finance subject to status. Guarantees may be required. Fiat Financial Services PO BOX 4465, Slough, SL1 0RW. †The servicing plan includes three annual services, authorised service stamps and any product or software update. This plan includes all the parts, labour and fluids required to perform the service schedule created for your car. ^Fixed price telematics insurance from Carrot Insurance subject to status. Underwritten by Zurich Insurance plc. Promotion available for customers aged 18 to 30, on new Fiat 500 1.2 models. The package consists of two separate Fiat Financial Services agreements. The first agreement is a Fiat i-Deal PCP agreement with the servicing plan included; this is a three year agreement. The second agreement is a personal loan for the insurance; this is a one year agreement which will be renewed annually for 3 years, subject to status. Terms and conditions apply. Go to www.fiat500withinsurance.co.uk for full details.



LADYLIKE

A BAG FOR THIS SEASON'S GROWN-UP MUSE

Leather bag £1,500, **top** and **skirt** price on request all prada.com

Photograph: Marius W Hansen. Styled by Lucy Walker


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NATURALS
WRAP YOURSELF IN A WORLD OF NATURE
New Palmolive Naturals Shower Milk, with oil of 100% natural macadamia and cocoa extract, helps nourish your skin and wraps you in a delightful fragrance.
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The Well-travelled woman



The Sports star



The Utilitarian



The Lady of the Canyon

New Season Scrapbook



The Gentlewoman



The Modern Seafarer

FROM PRADA TO CELINE, THE SPRING/SUMMER CATWALKS WERE REFRESHINGLY DIVERSE, WITH GORGEOUS NEW TRENDS ANY WOMAN CAN WEAR. MEET THIS SEASON'S SIX (VERY WELL DRESSED) STYLE PERSONALITIES. WHO WILL YOU BE? ▶



The Utilitarian

CLEAN LINES IN A PALETTE OF CREAM
THROUGH TO KHAKI ARE CHIC AND EASY TO WEAR



1



2



3



4



5



6



7

8



9



10

1 **Suede top** £70 oasis-stores.com; 2 **metal ring** £4 accessorize.com; 3 **leather bag** £1,075 j-w-anderson.com; 4 **scuba jacket** £38 dorothyperkins.com; 5 **leather shoes** £52 Sol Sana; 6 **cotton dress** £390 Vanessa Bruno; 7 **cotton-mix skirt** £59 jigsaw-online.com; 8 **canvas belt** £68 Filippa K; 9 **cotton jacket** £129 finerylondon.com; 10 **cotton trousers** £89 uk.woolrich.eu

By Lucy Walker

The Gentlewoman

CHOOSE SIMPLE SILHOUETTES AND SOOTHING PALE TONES FOR THE MODERN WORKING WARDROBE





Metal necklace
£160 MICHAEL
Michael Kors



Wool skirt £715
stellamccartney.co.uk



Wool-mix jumper £89
frenchconnection.com



Faux-leather handbag
£12.99 newlook.co.uk



Cotton blazer £240
Club Monaco

Crêpe coat £160
coast-stores.com



Cotton dress
£221
Pinko



Leather shoes approx £330
Martiniano at mnzstore.com



Cotton trousers £310
Atea Oceanie at
selfridges.com ▶

By Holly White



Ladies Of The Canyon by Joni Mitchell














5


6


7


8


9


4


3

2




1

The Lady of the Canyon

TAKE JONI MITCHELL AND '70s CALIFORNIA GIRLS AS YOUR STARTING POINT AND THINK LOTS OF SUEDE AND SOFT SHAPES

1 **Suede heels** £65 riverisland.com; 2 **suede trench** £149.99 mango.com; 3 **suede skirt** £65 missselfridge.com; 4 **wood and leather mules** £29.50 marksandspencer.com; 5 **cotton blouse** £215 APC; 6 **suede skirt** £85 oasis-stores.com; 7 **suede dress** £429 baukjen.com; 8 **suede top** £190 Ganni; 9 **denim dungarees** £50 asos.com

By Charlotte Lewis


LACOSTE



Viscose T-shirt
£155 uk.sandro-paris.com


CARVEN



Rayon, cotton and elastine-mix top
£134 ganni.com



Neoprene top £90
bimbaylola.com



Leather and cotton trainers approx £155
nationalstandard.fr

The Sports Star

KEEP IT NEAT AND PREPPY IN BLOCKED WHITES AND BRIGHTS



Polyester-mix skirt £169
claudiepierlot.com



Polyester, cotton and spandex-mix trousers £200
jhzane.co.uk


ALEXANDER WANG


TOPSHOP



Rubber flip-flops
£18 havaianas.com



Leather bag £569
jandmdavidson.com



Cotton dress
£29.99
hm.com ▶

By Lucy Walker

The Modern Seafarer

GET ON BOARD WITH THE NAUTICAL TREND BY MAKING THESE PIECES YOUR BASICS. SIMPLE AND CHIC, WITH A NOD TO PARISIAN STYLE


ANTHONY VACCARELLO

Cotton sweater £160 Comptoir des Cotonniers

THE BRETON


Silk-mix trousers £210 Filippa K

THE WIDE-LEG TROUSER


Satin and leather shoes £660 Chanel

THE BLOCK-HEEL SHOE


LANVIN


Cotton T-shirt £35 jigsaw-online.com

THE CLASSIC BELT


JASON WU


Suede belt £135 By Malene Birger

THE STRAIGHT-LEG DENIM


Denim jeans £155 APC

THE PINSTRIPE PIECES


CELINE

THE BUTTON DETAIL


Cotton skirt £150 jaeger.co.uk


CHANEL

Cotton trousers £290 Tara Jarmon

THE ROPE DETAIL


SACAI

THE PERFECT BLAZER

Viscose dress £24.99 newlook.co.uk


CHRISTOPHER KANE

Cotton-mix blazer £345 Sandro

THE BUCKET BAG


3.1 PHILLIP LIM


Satin top £328 Tibi

By Charlotte Lewis

The Well-travelled woman

TAKE INSPIRATION FROM ALL FOUR CORNERS OF THE GLOBE AND ACCESSORISE WITH PIECES YOU PICKED UP ALONG THE WAY

Leather top £205
massimodutti.com

Leather bag £58
next.co.uk

Silk top £20
riverisland.com

Gold-plated brass bangle
£330 estelledeve.com

Leather gladiators
£980 Laurence Dacade at stylebop.com

Suede coat £1,200
hobbs.co.uk

DRIES VAN NOTEN

Denim and cotton jacket £423 Maison Martin Margiela

Cotton-mix jumper
£175 Maje

Leather shoes
£49.99
hm.com

Polyester-mix skirt £220
whistles.co.uk

Cotton flares
£778 Just Cavalli at harrods.com

By Lucy Walker. Photographs: Jason Lloyd-Evans. Still lifes: Sudhir Pithwa



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The 'Chester' tassel loafer
The 'Quilt Charm' cross body

www.russellandbromley.co.uk


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BIMBAYLOLA.COM

HOT RIGHT NOW: TAN

PLAY WITH TEXTURES FOR A '70s FEEL



By Charlotte Lewis. Still life: Marius W Hansen

Clockwise from left **Leather and wood wedges** £625 Bally; **leather croc-effect tote** £265 russellandbromley.co.uk; **leather mini bag** £250 Loeffler Randall; **leather and suede loafers** £369 Newbark at net-a-porter.com; **enamel bracelet** £75 pebblelondon.com; **leather belt** £80 MICHAEL Michael Kors

9 OF THE BEST

…HIGH-STREET PIECES UNDER £100



Denim culottes £42 warehouse.co.uk



Leather boots £80 topshop.com



Suede jacket £55 Red Herring at debenhams.com



Pleather bag £45 riverisland.com



Suede miniskirt £95 oasis-stores.com



Cotton wrap jacket £75 marksandspencer.com



Cotton playsuit £29.99 hm.com



Leather sliders £55 stories.com



Stone cuff £14 Freedom at topshop.com

Styled by Holly White. Still lifes: Sudhir Pithwa, Jody Todd



SPRING 2015
AGJEANS.COM

AG


WAREHOUSE

Natalie Hartley wears ... COLOUR

This season, colours go retro – and it's all about the clash

Try colour-blocking your accessories. Keep your clothing simple and add colour with shoes and belts



Knit top £50 americanapparel.co.uk; **leather skirt** £339 baukjen.com; **leather ankle boots** £430 dorateymur.com; **leather belt** £45 MICHAEL Michael Kors; **metal cuff** £18.50 Freedom at topshop.com; **metal ring** £12.50 Freedom at topshop.com

Colour strips down the side of the leg are a great way to add length – go for a darker option overall for a more flattering look on the legs

Cotton top £85 MM6 Maison Martin Margiela; **jersey and silk trousers** £600 Palmer Harding at thebay.com; **leather wedges** £200 Gérard Darel

Lilac is the colour of the season – added to brown and black, it gives a modern twist to pastels

Cotton jacket £355 negarinlondon.com; **cotton body** £95 Gérard Darel; **denim skirt** £135 antipodium.com; **leather boots** £470 Club Monaco; **leather bag** £65 stories.com

Follow Natalie on Instagram @nataliehartleywears

Photographs: Johanna Nyholm


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HERE COME THE VIVA GIRLS

THE LOWDOWN ON LONDON'S COOLEST MODEL AGENCY

When GLAMOUR wants to find the hottest names in modelling, we know exactly where to look. Formed in Paris in 1988, Viva, which launched the careers of '90s supers like Kirsty Hume and Trish Goff, opened its London doors just five years ago. Since then, it's become a hotbed of Brit talent, including newcomers Jean Campbell and Misha Hart, currently the face of Topshop, as well as super-cool sisters Edie and Olympia Campbell.

GLAMOUR's Bookings Editor, Simone Schofer, explains what makes Viva London so special: "They look for personality and individuality, keeping a smaller board of girls so they can really nurture that. Look at Edie Campbell, an award-winning equestrian. Or Stella Tennant. She's been in the industry for more than 25 years, but is working all the time *and* looking better than ever."

So if you want to know who the future stars of fashion are, keep a close eye on Viva London's new-faces board.



The Viva London look (clockwise from top): **Kirsi Pyrhonen on our shoot** (page 206)**; Jean Campbell; Olympia Campbell; Stella Tennant; Edie Campbell; the Viva London offices**

WATCH THIS FACE

MISHA HART *What's your style?*



"What I wear is more of a reflection on the people who influence me, the music I listen to and the places and people that inspire me, rather than what's actually 'in fashion'. I wear a lot of black and leather. I like simple, well-made clothes with an interesting shape, but I'm also attracted to Stevie Nicks-esque pieces that are sheer, with tassels, and have movement. My best find is a pair of vintage couture Versace high-waisted jeans that I found for a ridiculously good price in a vintage shop in Glasgow. I love them."



FACT FILE



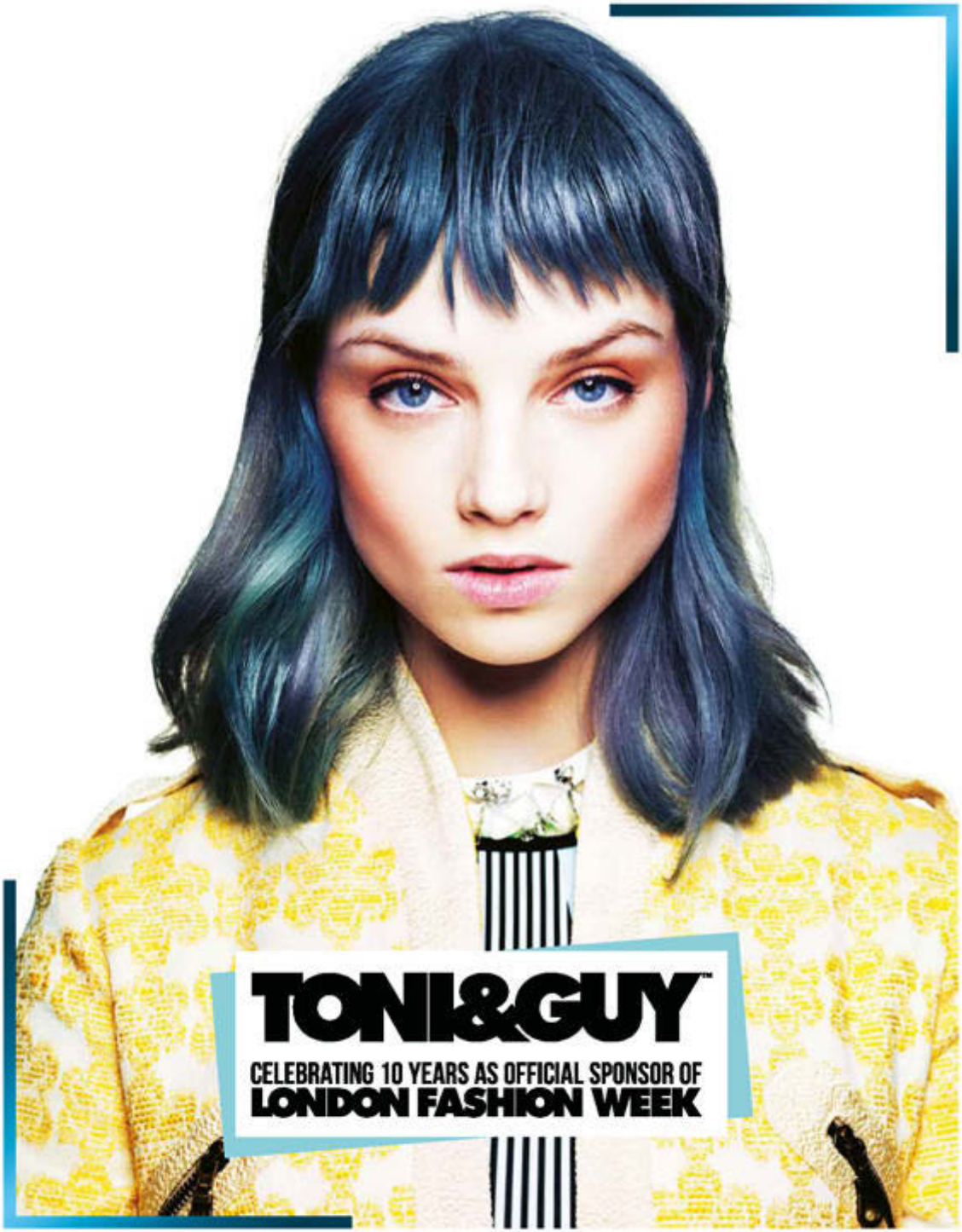
Favourite city "New York. Working there has been a highlight. It's a place I've always been fixated with."

Favourite show "Burberry A/W14 was my first show and the experience was inspiring."

Modelling wishlist "My only aspiration is to continue doing what I'm doing, staying true to myself and doing things on my own terms."

What inspires you? "Glasgow inspires me. There's a new music scene kicking off here. Young people are taking things into their own hands. It's an exciting place to be."

Photographs: Jason Lloyd-Evans, Viva



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Flares are back

SO HERE'S HOW TO WEAR THE SHAPE OF THE SEASON. BY LUCY WALKER



Photographs: Jason Lloyd-Evans

It was the Tom Ford S/S15 show that did it – with every swish of flared trouser, my perennial skinnies began to feel so… straight. I longed to feel like one of Tom's girls. With Louis Vuitton, Céline, Coach and many more following suit, the fate of the flare as a new-season essential was sealed. This is good news for women of all shapes and sizes because, arguably, flares are the most flattering of all jean shapes. The kick balances out the width of hips and thighs and, worn with heels, they make even the most petite among us look positively leggy.

A few tips on pulling off this look: as a rule, flares look best with heels, and you need solid foundations, such as platforms or block heels (spindly heels just won't cut it). When it comes to length, the hem should graze the floor, so try them on with the shoes you'll wear with them. Once you've found your perfect pair, how to style them? Though this season has a distinctly '70s flavour, flares are versatile, so you don't have to rummage through the rest of the era if it's not your bag. Keep it simple and streamlined with a polo shirt or a flattering tunic top.

THIS MONTH WE'RE LOVING PRETTY BLUES

Get your spring on with cool hues (and a 25% discount) at Miss Selfridge

The new season is here – and we (and our wardrobes) are so ready for it. We can't wait to shop the hottest spring looks – the breezy styles in delicate cornflower, denim-y blues and creams have our names all over them, and Miss Selfridge's fresh, simple and chic silhouettes in wearable and flattering palettes are just the ticket. So, with your brilliant 25% discount, what are you waiting for? Go shop!



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HIGH-STREET HERO

Ah, Mango. What would our lunch breaks be without you? And now we've seen your new Premium Collection, we might be starting our lunch breaks early (about 10am?). Jacket £89.99, top £79.99, trousers £59.99 mango.com



MAKE-UP MAGIC

Give your beauty kit a boost with the Lip & Cheek Velvet Stick from The Body Shop. We especially like the genius black shade – it adapts to the unique pH of your skin to create your own individual hue. What's not to love? £12 thebodyshop.co.uk

GLAMOUR LOVES

Our guide to this month's must-haves





QUEEN BEE

Introducing the healing power of bees – in a bottle. New Abeille Royale Daily Repair Serum smooths and firms skin to keep it looking youthful. Now that's what we call beauty buzz (sorry). £120 Guerlain at johnlewis.com

TICK, TOCK...

...it's chic o'clock! And jewellery gods, if you're listening: send us this beautiful watch by Baume & Mercier and we'll never be late again. Promise. £2,050 baume-et-mercier.co.uk



COOL NEW WEBSITE ALERT!

Want luxury fashion and style inspiration? Then Very Exclusive is your dream destination. Top of our wish list is this gorgeous bomber, £365 by Elizabeth And James. veryexclusive.co.uk

By **Julia Yule** and **Jo Holley**



PRETTY IN PINKO

Looking for an outfit that ticks all the trend boxes? Then head to Pinko. Quilted denim, tan accessory, flatforms? Check, check, check! Jacket £202, skirt £136, sandals £291, bag £241 pinko.it

We love this

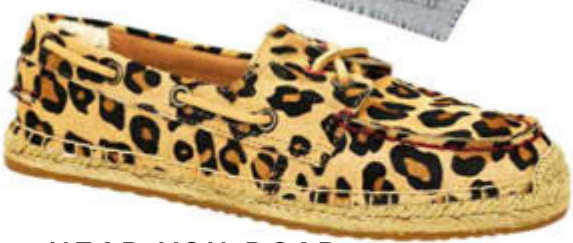


Denim shirt £80 pepe jeans.com



ONE TO WATCH

What happens when one of our favourite brands teams up with hot new design talent? A genius collaboration, that's what. The 11-piece capsule collection by Jean-Pierre Braganza is the latest in River Island's Design Forum initiative – and this denim dress is another rising star. £75 riverisland.com



HEAR YOU ROAR

The coolest way to do leopard right now? These cute Ugg loafers – perfect for prowling to work or play. £100 uggaustralia.co.uk



Rain, rain...

...go away, come again another day (after we've been out and treated ourselves to this cute coat, obvs). £35 Pink Soda at bankfashion.co.uk ▶

VA-VA-VALENTINA



Want to smell as pretty as this bottle looks? Just spritz on some Valentino Valentina Rosa Assoluto, £92 for 80ml, and you're done. selfridges.com

HELLO, SPRING

Already planning your new-season wardrobe? Of course you are! Our top tip? Treat yourself to some pieces from super-cool label 2nd Day. This dress, £210, has "Add to bag" written all over it. day.dk





NEXT BIG THING

Suki Waterhouse always gets it right (and we're not just talking about Bradley Cooper). She's the face of labelonline.co.uk – delivered by Next – and we're loving this Coast dress, £150, and Joules shirt, £65. If only they could deliver Bradley to our door too, eh?



LITTLE BEAUTY

Small and perfectly formed, the Longchamp 2.0 is our new BF. Who needs to carry more than a phone and a lippie anyway? £245 longchamp.com

FABULOUS FOOTWORK

Always stealing from your man's wardrobe? Then you'll love these brogues by Meandher. Designer Emily Cooper started out designing for men, but is now focusing on her gorgeous women's collection. Result. £270 Meandher at selfridges.com



Still lifes: Sudhir Pithwa

"MY WISH LIST"



1





2



3



4



5



6



7



8







9

Retail Editor Jo Holley plans her new-season shoe wardrobe

1 £62 lacoste.com A classic white sneaker for those hectic days when I'm on the go.
2 £245 russellandbromley.co.uk The black pump in a cool goosebump finish. Perfect for weekends – just add skinny jeans.
3 £95 timberlandonline.co.uk The ultimate wedge to wear day to night.
4 £75 dunelondon.com Platforms – bringing the disco-dancing '70s trend back with a bang.
5 £60 clarks.co.uk This kitten heel is the perfect height for all events, especially in this hot metallic silver.
6 £95 uggaustralia.co.uk For when I'm running wild – leopard-print sandals always enhance a look.
7 £255 comptoirdes cotonniers.co.uk The stacked heel boot in this season's hottest hue (and my favourite colour), grey.
8 £54.99 vagabond.com This season's flat, the slip-on sandal, but in glamorous gold.
9 £220 kurtgeiger.com Black strappy sandals – fail-safe classics that vamp up any outfit. G

{ Follow Executive Fashion & Beauty Directors Claudia Mahoney and Julia Yule and Retail Editor Jo Holley on Twitter: @ClaudiaMahoney1 @Julia_Yule @JoHolley83 }

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*Nielsen 52 weeks value sales ending 08.11.2014

L'ORÉAL
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Beauty



The new season is here

AND IT'S JUST SO PRETTY

1) **Miracle Gel in Game Of Chromes** £9.99 Sally Hansen; 2) **Colour Crush Eyeshadow in Oh, Honey** £7 thebodyshop.co.uk; 3) **Excess Shimmer Eyeshadow in Pink Opal** £7.99 Max Factor; 4) **Lips & Boys in Diego** £26 Tom Ford; 5) **Dolce & Gabbana**; 6) **Bronzer in Bronzed** £7.99 Smooch; 7) **Ermanno Scervino**; 8) **Cheek & Lip Tint in Swivel Pink** £12 stories.com; 9) **Modernist Eyeshadow Palette in Graphite** £56 Hourglass; 10) **House Of Holland**

By Sarah Jossel. Photographs: Jason Lloyd-Evans. Still lifes: Jody Todd

The month in shiny

31 WAYS TO GLOSS UP YOUR LIPS, NAILS, HAIR AND SKIN. BY DOMINIQUE TEMPLE



1 For a chic style, slick hair down into a deep parting



2 Use a shine spray for gleaming locks



3 We dream of dewy skin like the DKNY girls



4 Phyto Lip Twist in Coral £29 Sisley



10 Shine with a hint of colour on lids



11 Go bold with Cellophane lips, as seen at Antonio Berardi



5 Show off a glossy lip with hair back over your shoulders



6 Glimmer like the Versace girls with flawless skin

9 Wet Domination Extreme Splash £13.49 L'Oréal Professionnel





7 Pair dewy skin with clear lip glaze, like Diana Moldovan



8 Smooth on top + roughened ends gives a fab pony



12 Be a Marni girl and rock wet locks



13 For chic hair, gel it and tuck behind your ears

Photographs: Jason Lloyd-Evans, Rex Features. Still lifes: Jody Todd

FENDI



14 Dab a balm on your lids for a subtle sheen

15 Miracle Gel Polish in Red Eye £9.99 Sally Hansen



16 Glimmer Shine spray £19.45 Moroccan Oil

ISSA



17 Get a modelesque finish with luminous foundation

CUSHNIE ET OCHS



18 Go sporty and gel back lengths into a high ponytail

REESE WITHERSPOON



19 Try a magenta-hued lip like Reese

ARMANI



20 Let your eyes do the talking and keep it simple on the lips

ASHLEY WILLIAMS



21 Vamp it up with inky black nails

GIAMBATTISTA VALLI



22 Keep skin bare and lips ultra glossed

ALESHA DIXON



23 Switch up your gloss with a deep purple lip

STELLA McCARTNEY



24 Channel the '90s with a juicy gloss and crimped hair

25 Instant Light Lip Comfort Oil in Honey £18 clarins.co.uk



MARGARET HOWELL



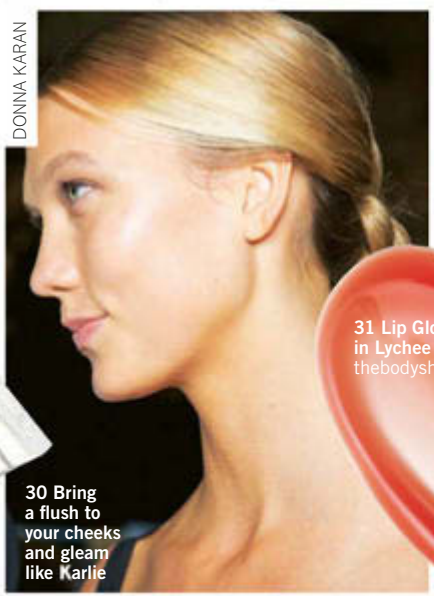
26 Meet the unfussy gloss duo. Wet on top and smooth, silky ends. Love it

AMANDA SEYFRIED



27 Red gloss at the ready! We want lips like Amanda

DONNA KARAN



30 Bring a flush to your cheeks and gleam like Karlie

JENNIFER LAWRENCE



28 Go girlie like Jen with a soft pink pout

29 Gloss Creme Brilliance £16 maccosmetics.co.uk



31 Lip Gloss in Lychee £7 thebodyshop.co.uk



*Shampoo and Conditioner vs. flat, limp hair.

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WANT TO DYE IT YOURSELF? HERE'S HOW TO DO IT LIKE A PRO. BY PHILIPPA PEARNE



Step 1

PICK YOUR FORMULA

Permanent or semi-permanent? "If you are lightening your hair or want to cover up greys, go for a permanent colourant," says Lyndell Mansfield, international session stylist. "If you just want to add warmth or cool your colour down, use semi-permanent."

Mousse or cream? "Opt for a drip-free mousse if you have thick or long hair, as it will be easier to apply evenly," she advises. "If you are just putting colour on your roots then a cream formula is best." (We love **Nice'n Easy Permanent Colour Crème** £5.99 Clairol.)

Step 2

DECIDE ON YOUR SHADE

If you're cool-toned (fair or rosy skin with green or blue eyes), "go for ashy shades and avoid warm or golden hues," advises Jonathan Long, Nice'n Easy colour advisor. If you're warm-toned (peachy or olive skin with brown or hazel eyes), "choose a golden or caramel colour," he says.

Step 3

PREP LIKE A PRO

"Don't colour freshly washed hair – leave it a day," says Jonathan. "Your natural oils will help protect your scalp as you colour."

What you'll need...

- A comb and clips for sectioning off your hair
- Some old towels
- A timer
- Petroleum jelly for your hairline and brows ▶



How to...

...NAIL ALL-OVER COLOUR

"Wearing the gloves from your kit, start at your roots and work your way down to the tips in sections, making sure you thoroughly coat your hair with colourant," explains Jonathan. "Before you wash it off, massage it in like a shampoo to get deep into the cuticles and for proper coverage."

...GET YOUR HEAD AROUND HIGHLIGHTS

"To avoid the stripy effect, apply lightly and don't overload colour onto your roots or it will go blotchy," says Lyndell. "Wrap the sections of hair that you don't want to colour in foil to avoid any accidents," adds Jonathan. If you're not happy with the size of the brush in your kit, "you can always buy colour brushes at the chemist, or use a make-up brush," says Lyndell.

...MASTER OMBRE

How to avoid the dreaded line between the two colours? "Section your hair into four, then backcomb each one slightly to give extra texture," explains Jonathan. "This means that when you colour, the two shades will look a lot more natural, as they won't have been applied evenly."

DIY Dos and don'ts



Do...

- "...read all the instructions and do an allergy test 48 hours before using your colourant," says Jonathan.
- "...wait as long as possible before you shampoo your hair after colouring it," he advises. "Then wash it no more than three times a week if possible, or your colour might not last as long." (Try **Elements Renewing Shampoo** £12.20 Wella Professionals.)
- "...make sure you have plenty of colour for your hair's length and thickness," explains Lyndell. If you have very long hair, buy two boxes; "If there isn't enough, it'll go patchy."

Don't...

- "...jump more than one to three shades lighter or darker than your current hue," Jonathan says. "If you want a more dramatic change, it's better to see a professional."
- "...forget excessive blow-drying and styling makes colour fade faster," he warns. "Go for regular trims to keep it fresh and make sure you keep it in good condition." (Try **Essence Ultîme Diamond Color Intensive Mask** £5.49 Schwarzkopf.)
- "...be impatient," warns Lyndell. "It may take more than one attempt to get the exact colour you want." ▶



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Brunette



ELIZABETH OLSEN

Try **Precision Foam Colour in 4BG Dark Chocolate Brown** £9.99 John Frieda

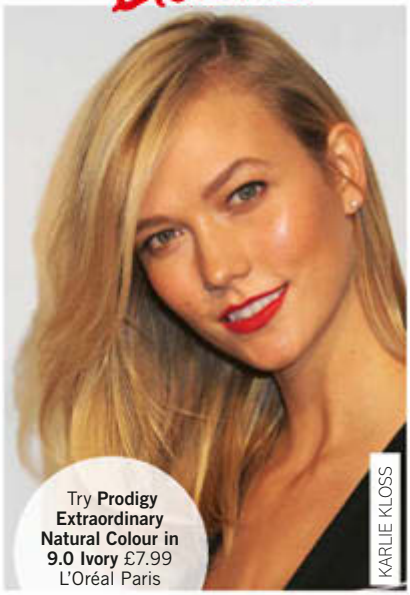
Redhead



JESSICA CHASTAIN

Try **Olia Permanent Hair Colour in 7.40 Intense Copper** £6.99 Garnier

Blonde



KARLIE KLOSS

Try **Prodigy Extraordinary Natural Colour in 9.0 Ivory** £7.99 L'Oréal Paris

3 'OOPS' MOMENTS (AND HOW TO DEAL)

1

I left the colour on for too long

"This might make your hair more prone to dryness, so do a deep conditioning treatment," says Jonathan. If it has caused your colour to go wrong, "don't go over it again – ask for expert advice in the salon," advises Lyndell.

2

I got dye on my skin

"Clean it up straight away," says Lyndell. "If it has left a dark stain, give it a gentle rub with some oil-based make-up remover."

3

The results are way darker than I was expecting

"Water is one of the main causes of colour fade, so wash your hair quickly to help lift it," says Jonathan. "You could also try washing-up liquid if your shampoo isn't strong enough," adds Lyndell.

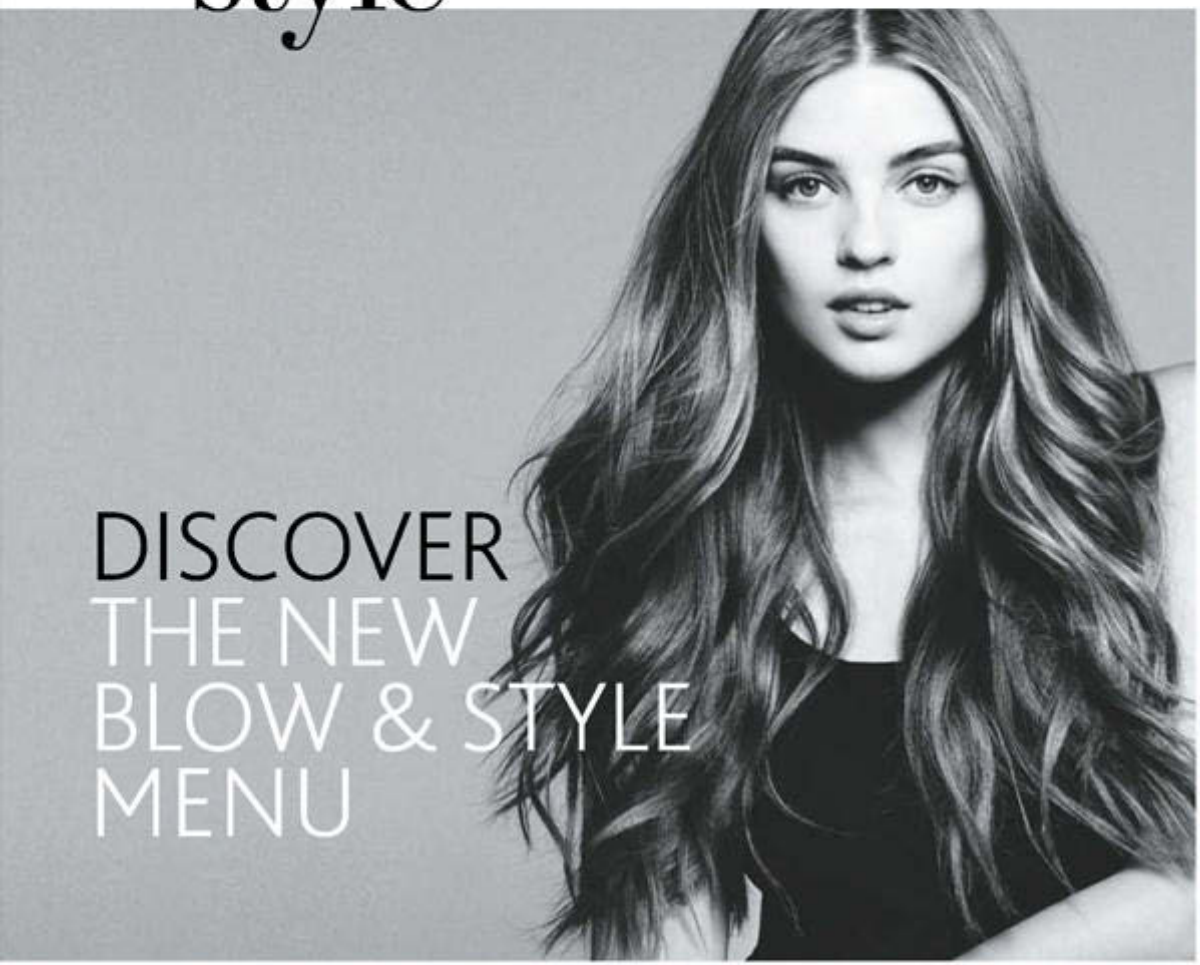
Your colour maintenance kit

- Touch up your roots in between colouring with one of five shades of **Blending Wand** £12.50 Josh Wood.
- **Colour Saviour Dry Shampoo** £3.99 Pantene Pro-V refreshes hair without stripping out its colour.
- Detangle, add shine and save your hue with **Phytobaume Colour Protect Express Conditioner** £14.50 Phyto. G



Photographs: Max Abadian, Kenneth Willardt, Rex Features. Still lifes: Jody Todd

blow & style



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#ASK Alex

Insider advice from our Beauty Director, **Alessandra Steinherr.**
This month: how to look like a Victoria's Secret model
(well, have their glowy skin and gorgeous make-up, anyway)

THE SKIN

NYC-based Dr David Colbert (below) is the go-to derm for the Victoria's Secret Angels. "The secret to great skin is maintenance. The VS girls have The Triad Facial monthly in my clinic," he says, adding, "Candice [Swanepoel, above] grew up in South Africa and has always been careful in the sun. It shows, as her skin is flawless and she doesn't seem to age." If a trip to NYC is out of the question, try his **Tone Control Facial Discs** £65 Colbert MD and **Heal & Soothe Night** £120 Colbert MD. The product Candice swears by?





Illumino Body Oil £90 Colbert MD (above).



Victoria's Secret model Josephine Skriver

THE MAKE-UP

"The VS look is not about heavy glamour," says make-up pro Dick Page. "And I truly believe the less you do, the more beautiful you look."

- "I start with lipstick on the apple of the cheeks – I use a colour by Ben Nye called **Cherry Cola** [£11.22 treasurehouseofmakeup.co.uk]."
- "This look is not about an all-over base – I just spot-apply foundation with a domed fluffy brush to the areas of skin that need dealing with: redness around the nose, under eyes, corners of the mouth and spots, if there are any."
- "There is no contouring here. I get the same sculpting effect with highlighter – it looks much fresher."
- "On eyes, I blend a soft taupe, **Shimmering Cream Eye Color in Sable** [£21.50 Shiseido], all over the lid and a bit underneath. Then I take a coffee-brown shadow and use it like a liner, sketching it from the outside in, so you get no gap between the lashline and lids."
- "I don't use false lashes, just tons of **Great Lash Mascara** (below)."
- "On lips, I apply a bright pink shimmer gloss as a base stain and layer it with a pure beige. The pink lifts the beige and makes it a wearable sexy nude."

Photographs: Derek Kettela. Still lifes: Jody Todd

ALEX'S CHEAT SHEET

3 steps to a supermodel face

- To get ultra-glowy skin, I mix a pump of **Capture The Light in Latte Light** £29.95 vitaliberata.co.uk into my foundation – it warms up my skin and gives it that sunlit gleam.
- My secret to a poutier lip is to apply **Sugar Nude Tinted Lip Treatment** £18 Fresh first and then line the outer edges of my lips with **Lip Cheat in Pillowtalk** £16 charlottetilbury.com
- I swear by blush – it makes anyone look prettier in a second. I love **Creme Puff Blush in Nude Mauve** £8.99 Max Factor – it's so sheer and subtle, and makes skin look perfect.

Follow Alex on Instagram @alexsteinherr



Great Lash Mascara £4.99 Maybelline New York

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THE MAKE-UP OF MAKE-UP ARTISTS

7 skincare upgrades to KNOW NOW

IT'S TIME FOR A REGIME SWITCH-UP. BY SARAH JOSSEL

FOR DRY SKIN

Hydro-Shiso Balancing Moisturiser £55 Zelens
The green shiso-leaf extract replenishes lost moisture, while the hyaluronic acid keeps skin soft and supple. Talk about a multitasker.

FOR OILY SKIN

Normaderm Night Detox £15.50 Vichy
Apply to a clean, dry face before bed. The lightweight formula tightens pores and regulates your complexion – all you have to do is go to sleep. Score!

FOR TIRED SKIN

Capture Totale Le Sérum £140 Dior
Slather on this serum AM and PM for an extra radiance boost and some serious plumping action.

FOR PUFFY EYES

Revitalift Magic Blur £12.99 L'Oréal Paris
One swipe of this velvety-soft formula reduces dark circles and visible lines. It uses an opti-blur technology to instantly create a soft-focus effect.

FOR UNEVEN SKIN

No Reason To Hide £48 philosophyskincare.co.uk
Minimise redness and blotchiness with this serum. Long-term, it works to prevent dark spots and other signs of ageing.

FOR THIRSTY SKIN

Hydra Beauty Micro Serum £66 Chanel
Use a thin layer each morning for on-the-spot rehydration. It's packed with camellia microdroplets that infuse skin to deliver a major plumping effect.

FOR LACKLUSTRE SKIN

Drops Of Youth Bouncy Sleeping Mask £22 thebodyshop.co.uk
This genius mask has a super-cool memory texture mould that gives a second-skin feel when applied. Leave on overnight for a radiant, hydrated effect.



Still lifes: Sudhir Pithwa

Guitar hero

As winner of the Brits Critics' Choice Award, James Bay is officially music's Next Big Thing



James providing the soundtrack for Burberry S/S15

OK, if you don't have James Bay's music on your iPod, go and download his latest EP, *Hold Back The River*, right now. While there's a soulfulness that draws comparisons to Tom Odell and Hozier (he's toured with both), a Jake Bugg-esque edginess to his sound sets James apart. "I love classic rock'n'roll – Rolling Stones, Ray Lamontagne, Bob Dylan," he says. "Lots of singer-songwriters get

labelled with the acoustic-guitar thing, but I like to plug in, turn it up and rock out a bit."

Based in Brighton, the 24 year old taught himself to play the guitar – "I'd just put records on and play along as best I could" – and was signed by Republic Records when they spotted a video of him performing at a pub in London. "A man filmed a few of my songs, put it up on YouTube and it all went from there. I definitely owe that guy a drink!"

> "A man filmed a few of my songs, put it up on YouTube and it all went from there"

Three EPs later, Taylor Swift is a fan – she told him so after watching him perform in Nashville – and so is Christopher Bailey, who asked him to perform live at the Burberry S/S15 show. Now, with the Brits Critics' Choice Award to his name (he'll receive his Tracey Emin-designed trophy at the ceremony this month), he's looking forward to the release of his debut album in March. "I'm very excited. It's something I've been working towards for a long time." Top ten album? We'd put money on it.

jamesbaymusic.com; The Brit Awards take place on February 25, 2015

Previous Critics' Choice winners (James is in good company)



Glamreels Love, loss and legacy – it's all here



CAKE

Jennifer Aniston is barely recognisable as she disappears into the role of Claire, an LA woman who's scarred inside and out by a horrific car accident. When her supply of heavy-duty painkillers runs out, she heads over to Mexico to score some more with her long-suffering housekeeper (Adriana Barraza). Aniston is garnering some serious awards buzz for *Cake*, and with good reason; this is the best thing she's ever done. ★★★★



SELMA

In 1965, Dr Martin Luther King and a group of supporters went to Selma, Alabama, to organise a protest march. As a state with a bigoted governor (Tim Roth), it was seen as the 'perfect stage' to highlight voting inequality. It turned out to be the bloodiest turning point in the civil rights movement. British actor David Oyelowo gives a towering performance as King, and the story is a history lesson, sure, but one that feels fresh and urgent. ★★★★



LOVE IS STRANGE

George and Ben (Alfred Molina and John Lithgow) have lived together in New York for 40 years. But when George loses his job, they're unable to pay the house bills and need to find somewhere to stay. Molina and Lithgow make an adorable couple, and this is a rather wonderful story about the universal longing for a place to call home – and someone to share it with. ★★★★ ▶

By Mark Eccleston and Hanna Woodside. Photographs: Wireimage, Reuters, Getty Images, Corbis, Camera Press, Photoshot, Press Association, Landmark Media

Awesome TV alert

Breaking Bad spin-off *Better Call Saul* starts this month. Actress Rhea Seehorn gives us the inside scoop

There's been a *Breaking Bad*-shaped hole in our lives for over a year now, but thankfully, the much-anticipated prequel, *Better Call Saul*, starts on Netflix this month. The show focuses on superbly slimy lawyer Saul Goodman (Bob Odenkirk), and co-stars Rhea Seehorn as his fellow Albuquerque attorney. The plot is under wraps, but we caught up with Rhea to dig for details.

Saul isn't Saul yet

"The show is set six years before you meet the Saul Goodman of *Breaking Bad*. In *Better Call Saul*, he's still called Jimmy McGill. The story is all about how Jimmy becomes Saul."

The female characters kick ass

"When you have great writers, you get strong female characters. I play Kim Wexler – she works at the same law firm as Jimmy and she's one of the best litigators in town."

Don't expect it to be like *Breaking Bad*

It has the same DNA, with the same creators [Vince Gilligan and Peter Gould], but this isn't season six of *Breaking Bad*. There's a lot of pressure when you make a spin-off, but we let go of that quickly. We've created something that stands on its own feet."

This is a dark drama

"Saul was often light relief in *Breaking Bad*. Bob Odenkirk is so good at black humour, but *Better Call Saul* is 80% drama, 20% comedy."



Better Call Saul **(starring Bob Odenkirk) predates *Breaking Bad* by six years**

Eyes peeled for cameos

"You'll recognise Jonathan Banks, who plays Saul's fixer, Mike Ehrmantraut. There are some surprise appearances from other *Breaking Bad* characters, too."

Season two is already in the works

"It's amazing to have the show renewed before you've aired. Vince and Peter are masters at pacing very complex stories. I can't wait to see the chapters unfold."

By Hanna Woodside. Photograph: Magnus Hastings

4 more dramas worth staying in for











House Of Cards

Frank Underwood is back. (If you're not familiar with Kevin Spacey's Machiavellian politician, the first two seasons are still on Netflix.) He's schemed his way to the White House with the help of his wife Claire (Robin Wright), but what's next for the power-hungry pair? Will any loose ends come back to haunt them? More importantly, how quickly can you binge-watch all 13 episodes? (Netflix, from February 27)



Indian Summers

It's the summer of 1932 – India wants independence, but the British are clinging to power. Set in a small town in the Himalayan foothills, this epic ten-part series charts the decline of the British Raj over one explosive summer. Julie Walters takes the lead as a widowed expat caught in the independence fight. This packs a serious punch. (Channel 4)











The Casual Vacancy

JK Rowling's first grown-up novel gets the small-screen treatment, transformed by the BBC and HBO into a three-part drama starring Keeley Hawes and Rory Kinnear. The story centres on an idyllic village, but peer behind the net curtains and it's a hotbed of jealousy and prejudice. An opening on the local council brings it all bubbling to the surface. Scandal couldn't get any juicier. (BBC One)



The Game

Spooks, secrets and plot twists: who doesn't love a spy thriller? When the head of MI5 discovers that Soviet agents living in Britain have been "reactivated", he assembles a secret committee of his own agents to investigate. Tom Hughes stars as one of the super-spies; he's a genius interrogator but hiding a dark past of his own. (BBC Two) ▶

Fully booked

A lit hit to suit every lifestyle



If you have…a year

For a cool way to broaden your reading horizons, a monthly book-subscription service is a neat idea (and makes a great present for a bookish friend). Prudence And The Crow will send you a box containing a vintage paperback (you fill in a questionnaire, so they tailor it to your tastes), a note about the choice and a hand-made bag, from £10 per month. Independent bookshop Daunt offers a similar service with new books. From £148 a year, they'll send you a monthly book that they choose according to your literary likes. prudenceandthecrow.com; dauntbooks.co.uk

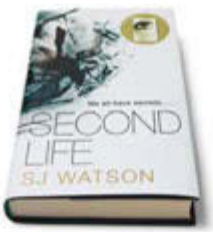
…a weekend

These days, some of the best weekenders have a literary flavour. Our picks? Port Eliot Festival in Cornwall (July 30-August 2) is a chic, boutique camping event that attracts a range of authors – Hanif Kureishi, Hadley Freeman and Sarah Waters have all appeared. Then old favourite Hay Festival (May 21-31), in Hay-on-Wye, stretches over ten days (you just pay for events you want to attend). The line-up has yet to be announced, but previous speakers include Bryony Gordon and Ruby Wax. porteliotfestival.com; hayfestival.com

…an hour

Pick up a Little Black Classic (left). It's Penguin Books' 80th birthday, so they're showcasing 80 of these teeny tomes – which are just 64 pages long and 80p each and include little-known works by Dickens, Hardy and Austen. Meanwhile, Galaxy's annual Quick Reads collaboration (above) sees the publication of six mini novels. You pay £1 for around 100 pages, and this year's crop includes a Paris-set romance by JoJo Moyes.

Glamreads Thrills, laughs and fashion history



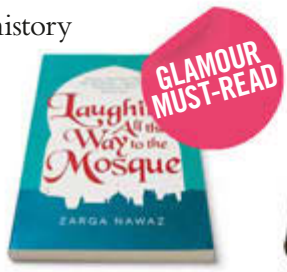
SECOND LIFE
by SJ Watson

His last novel, *Before I Go To Sleep*, sold 4m copies and spawned a Nicole Kidman film, so all eyes are on Watson's new thriller. Julia is investigating the murder of her sister when she meets a stranger online who may have answers. Taut and twisty, it'll keep you up all night.



THE FIRST BAD MAN
by Miranda July

This is bonkers – but that's what you'd expect from the first novel by quirky Hollywood artist July. Cheryl Glickman is an eccentric 43 year old who's unlucky in love and believes in reincarnation. But when she takes in a lodger, her world shifts on its axis. Weird, hilarious and heartwarming.



LAUGHING ALL THE WAY TO THE MOSQUE
by Zarqa Nawaz

Canadian TV comedy writer Nawaz tells it like it is in this hilarious, frank and enlightening memoir about growing up Muslim. The bit where, as a moody teenager, she decides to wear the hijab purely to 'out-Muslim' her weary mother is brilliant.



GODS AND KINGS
by Dana Thomas

This well-researched book charts the lives of London designers Alexander McQueen and John Galliano. They wowed the fashion world in the 1990s, but Thomas doesn't shy away from the dark stuff – McQueen's suicide in 2010 and Galliano's fall from grace after a drunken racist rant. G

By Kerry Potter. Still lifes: Jody Todd


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HOW TO WEAR THIS SEASON'S EASY SEPARATES? TAKE INSPIRATION FROM GLASWEGIAN MODEL-OF-THE-MOMENT MISHA HART AND DO MODERN COOL *YOUR* WAY

Photographs by **David Dunan**



Mohair, polyester and wool jumper £350 acnestudios.com; **silk knickers** £115 joseph-fashion.com; **nude bamboo knickers** approx £22 Base Range



Wool dress £395 and **wool shorts** (worn around waist) £245 both joseph-fashion.com



Chiffon shirt dress price on request No.21 at selfridges.com; **polyester, cotton and elastane top** £220 acnestudios.com



Satin dress £1,795 stellamccartney.co.uk; **silk bra** £175 Dolce & Gabbana; **leather flatform wedges** £345 joseph-fashion.com; **howlite earring** £380 Dior; **cotton socks** £15 joseph-fashion.com



Wool sweater £90
MICHAEL Michael Kors;
cotton and nylon skirt
£200 Sportmax



Linen blouse £430 Prada; **black silk knickers** £115 and **leather wedges** £345 both joseph-fashion.com; **howlite earring** £380 Dior; **cotton socks** £15 joseph-fashion.com





White Spandex/elastane and polyamide swimsuit £180 prismlondon.com; **nude bamboo bra** approx £36 and **nude bamboo knickers** approx £22 both Base Range; **white leather flatform wedges** £345 joseph-fashion.com; **cream rope** (worn as belt) £2.18 per metre Arthur Beale; **khaki cotton socks** (just seen) £15 joseph-fashion.com



Cotton and linen jacket £470 and **cotton and linen dungarees** £395 both Isabel Marant; **bamboo bra** approx £36 Base Range; **leather flatform wedges** £345 and **cotton socks** £15 both joseph-fashion.com

Stylist: Rebecca Corbin-Murray
Make-up: Kate Lindsey
Hair: Nao Kawakami
Fashion Assistant: Holly White
Model: Misha Hart at Viva London



Wear the trousers

Wide, flared, straight – there's a perfect pair for everyone

Left **Nappa leather trousers** £2,825 and **top** £1,495 both loewe.com; **alter nappa sandals** £595 stellamccartney.co.uk; **stone and metal cuff** £14.50 Freedom at topshop.com; **gold cuff** £25 stories.com



Suede trousers price on request Chanel

Photographs by **Roman Goebel** Fashion Director **Natalie Hartley** Model **Kirsi Pyrhonen** at Viva London



Denim jeans £485 Toga at joyce.com; **cotton vest** £275 3.1 Phillip Lim;
leather belt £90 black-brown.com

Suede flares from a selection Tom Ford; **lace top** £720 Carven;
alter nappa sandals £595 stellamccartney.co.uk





Silk chiffon trousers £598 Lucas Nascimento at celestineeleven.com; **raffia gilet** £699 Moka London; **cotton sweater** £50 americanapparel.co.uk; **stone and metal ring** £8 Freedom at topshop.com



Tan suede trousers £1,480 Gucci; **black cotton tank** £154 Duffy



Polyester and silk trousers £830 Antonio Berardi;
brocade top £310 markuslupfer.com



Knit flares £950 Calvin Klein Collection; **crêpe bomber** £410 Carven; **leather belt** £25 cosstores.com; **stone and metal cuff** £14.50 Freedom at topshop.com; **gold cuff** £25 stories.com



Maroon lamé trousers £425 uk.tommy.com; **black goat leather jacket** £950 acnestudios.com; **navy knitted top** £135 Laain at net-a-porter.com; **black patent flats** price on request Carven



Jersey trousers £202 Toga at joyce.com; **leather waistcoat** from a selection Reed Krakoff

Hair: Roku Roppongi at Saint Luke using Phyto. Make-up: Jo Frost at CLM Hair & Make-up using Mac Cosmetics.
Fashion assistant: Charlotte Lewis



THE SUPER '70s

Layer up suede, metallics and denim for a cool new take on the decade



Left **Khaki suede gilet** from a selection, hire only, The Contemporary Wardrobe Collection; **pink polyester shirt** £220 Marc By Marc Jacobs; **yellow crêpe skirt** £610 Chloé. This page **Cotton jacket** approx £469 Maryam Nassir Zadeh; **metallic denim trousers** £377 Moschino; **leather shoes** approx £249 Maryam Nassir Zadeh

Photographs by **Jen Carey** Model **Larissa Hofmann at Viva London**



Suede jacket £2,250 belstaff.co.uk; **cotton top** £350 loewe.com; **denim and rivet skirt** £445 Coach



Velvet and silk dress £3,150 Louis Vuitton; **boots** from a selection, hire only, The Contemporary Wardrobe Collection



Purple cotton blouse £115 APC; **green viscose dress** £182 Pinko



Silk jumpsuit £1,730 Gucci; **sandals** from a selection, hire only, The Contemporary Wardrobe Collection



Crêpe jacket £1,395 and **trousers** £890 both Victoria Beckham; **suede shoes** approx £256 Maryam Nassir Zadeh



Navy denim and wool coat price on request Prada; **yellow silk shirt** £315 and **blue denim jeans** £250 both Emporio Armani



Cotton top from a selection, hire only, The Contemporary Wardrobe Collection; **blue leather skirt** price on request Hugo Boss



Black and green Ossie Clark dress from a selection, hire only, The Contemporary Wardrobe Collection

Stylist: Rosa-Safiah Connell. Make-up: Celia Burton at CLM Hair & Make-up using Mac Cosmetics.
Hair: Roku Roppongi at Saint Luke using Tigi. Fashion Assistant: Holly White

HOLY COW! It's Christian and Ana

It's the most hotly anticipated movie of 2015 – and GLAMOUR has the exclusive shoot and interview with its stars, Dakota Johnson and Jamie Dornan. But first, **Elizabeth Day** ponders the phenomenon that is *Fifty Shades Of Grey* and asks, what's the fuss all about?

Why are we so obsessed with *Fifty Shades Of Grey*? Well, of course, there's the obvious Jamie Dornan factor. Ever since he made you question your own sanity for being attracted to a psychopathic murderer, in *The Fall*, Jamie has been the go-to actor for brooding sexuality. On-screen, he can suggest all sorts of internal turmoil with the merest flick of an eyebrow. And there's the added bonus that when he takes his shirt off, it's not a displeasing sight.

But our fascination with *Fifty Shades* pre-dates even the casting of Jamie, 32, as Christian Grey and Dakota, 25, as Anastasia Steele. It goes back to the books, written by EL James, which sold by the bucketload – partly because the rising popularity of e-readers meant we could all pore over intense descriptions of whipping on public transport without anyone knowing what we were reading. It's true that the books weren't exactly overloaded with literary merit. We weren't buying them for their lyrical mastery. Yet there was no doubt they tapped into something that had long lain dormant and unexpressed in modern womanhood.

Because *Fifty Shades* gives us an outlet to explore our hidden sexual desires. It's easier (and less embarrassing) than schlepping out to buy an S&M DVD from a dodgy porn emporium.

But I think it's more fundamental than that. I think it's about the fact that, as women living in a liberated age, we have more opportunities than ever before, but also more responsibilities. We've been told we can have it all but, let's be honest, sometimes 'having it all' is bloody exhausting. We expect ourselves to be hard-nosed deal-breakers in the boardroom, while also remaining sensitive and supportive friends and lovers. In a world of social networking, we are constantly reminded of how well other people seem to be doing and we feel the pressure to live up to some mythical standard of perfection – in how we behave, how ▶



Dakota: **Dress** Michael Kors; **rings** Spinelli Kilcollin and Inez And Vinoodh

Jamie: **T-shirt** Alexander Wang; **belt** Will Leather Goods



Dakota: **Dress** Saint Laurent; **bra** laperla.com; **rings** Eva Fehren and Zoë Chicco

Jamie: **Shirt** Saint Laurent; **trousers** Givenchy; **glasses** Warby Parker; **tie** Lanvin; **belt** Givenchy

◀ we succeed and how we look. We're so busy holding it all together, all the time, that sometimes when it comes to our romantic relationships, we don't want to have to communicate our needs. We hanker after a sexual partner who knows what we want before we express it. We lust after someone who knows what they want and who feels confident enough to try it without endless discussion. Hence, the *Fifty Shades* phenomenon.

Of course, it is, like all the best escapism, pure fantasy. In reality, we'd probably find Christian Grey unnecessarily controlling and rubbish at emptying the dishwasher. But in our secret minds, there is something undeniably appealing about not having to talk about the pros and cons, the rights and wrongs, the impact and fall-out of our innermost desires, and instead just doing it. Or having someone do it for us.

Is it un-feminist to like *Fifty Shades*? I don't think so. At its core, the story is one of psychological development: Anastasia evolves from an innocent into a woman who understands what she wants from men and who is strong enough to walk away from a relationship, despite the financial security and material comfort it might offer her. And if Jamie Dornan happens to take his shirt off in the process, well really – who are we to complain?

> "We lust after someone who knows what they want and who feels confident enough to try it without endless discussion. Hence, the *Fifty Shades* phenomenon"

Today we can report that Jamie's shirt is firmly on, as he and co-star Dakota sit down with GLAMOUR for an exclusive chat. Their rapport is palpable. "I made fun of him a lot [on set]," Dakota teases. "She's very funny. Not as funny as she thinks, but she's funny," Jamie instantly fires back.

To say the film has would-be cinema audiences in a frenzy of anticipation is no understatement. Every casting announcement has been accompanied by an internet meltdown – the trailer was the most-watched of 2014, and the box office for tickets opened earlier than for any other film in history.

No one knows more about the frenzy than Dakota and Jamie. When Jamie was announced as the new Christian Grey in October 2013 (following Charlie Hunnam's departure from the project), it was the night before a photo shoot with GLAMOUR, and by morning he was being trailed relentlessly by a pack of paparazzi. The movie's Valentine's Day release is guaranteed to incite a fresh round of hysteria, but today is the moment of calm before the storm. We take the opportunity to grill the soon-to-be superstars about S&M and getting their butts kicked into *Fifty Shades* shape.

GLAMOUR: So the casting process for *Fifty Shades* was an arduous, lengthy and much-hyped process. How was it from your perspectives?

DJ I auditioned for two months. I read a bunch of times. I met with Sam [Taylor-Johnson, director] a bunch of times. So when I found out I had the part, I started crying. I was just relieved that the not knowing was over.

JD I made a tape in London with a casting director, but didn't hear anything until they cast Charlie. I thought it was kind of funny to say that I'd auditioned to play Christian and failed miserably. Then whatever happened with [Charlie] happened, and suddenly the doors opened again. So I flew to Los Angeles, and tested [with Dakota]. She'd been involved in this project since day one. She was probably a bit fed up, like, "Just find the guy already." I got cast six weeks before filming began. I was told I'd know that evening, so I was waiting for the call. It was about two in the morning. My wife [actress Amelia Warner] had gone to bed and I'd stayed up, watching *Storage Wars* because that show really takes me to my safe place. Sam called personally to tell me I'd got it. I gave my wife a nudge when I got into bed and said, "Hey, we'll talk about it tomorrow, but…[chuckles] I need to go to sleep."

DJ It happened the exact way it was supposed to happen.

GLAMOUR: What was it about Anastasia and Christian that made you want to portray them on screen?

DJ I had read the books and was drawn to the character of Ana because she's private, loving, honest – and because she and Christian are both incredibly intelligent, confident, and can spar with each other on every level.

JD There was a part of Christian that was obviously fractured. I think I have an understanding of people who have experienced some form of loss too young. My mum died when I was 16, and then four of my ▶

◀ very good friends were killed in a car crash when I was 17. Loss is always tough, but when it happens young, you've got more of your life to live, going, "Fuck, why did that happen?"

GLAMOUR: The beauty of being cast so late, Jamie, is that you pretty much hit the ground running…
JD My wife and I had to fly to Vancouver immediately – she was into the 30th week of pregnancy. It was just an insane time. I had to do a lot of work physically because Christian's someone who's very anal about keeping himself in shape. But it wasn't six hours a day. You don't want to turn to your heavily pregnant wife and say, "I'm going to the gym for six hours, good luck, text me if you go into labour."
DJ Jamie and I actually shared a trainer. It was important to me that Ana's body look like that of an active college student. And I was going to be naked, so I wanted to look good. I did a lot of working out and ate a lot of delicious, healthy food, and had more waxing than any woman should have.

GLAMOUR: What else did you do in preparing to play the parts?
JD Principal photography started three days after our baby was born. One rainy Tuesday evening, I kissed my wife and baby goodnight and went to watch a dominant/submissive session in a dungeon. The dominant was our sort-of advisor on the job. So I watched him do his thing… I didn't enjoy it massively, but it was helpful to a point.
DJ I didn't get to go to the sex dungeon. I wanted to keep myself a little bit distanced from it at first because I wanted Ana's reaction to certain things to be honest and real.

GLAMOUR: How did you find filming *those* scenes? They're not exactly your run-of-the-mill sex scenes…
JD It's a very odd day at work. We're actors, and we're ready for it. But you still have human reactions. The first day [of filming] was kind of an out-of-body experience. I got there. They said, "Action!" I'm like, "What the fuck is happening? I'm a dad. What?"
DJ It was a very closed set – my mum [actress Melanie Griffith] told me that it's my right to ask for that during intimate scenes, so it seemed like we were in this little world together. I didn't see the Red Room [set] for two and a half months. When I opened the door the first time, my reaction was Ana's reaction. It was a whole other world. There were floggers and riding crops and a whipping bench that was actually made to the exact shape and height of my body.
JD I learnt about knots, buckles, how to use a whip. But the first time I did it with an actual person was with Dakota. Some of the Red Room stuff was uncomfortable. There were times when Dakota was not wearing much, and I had to do stuff to her that I'd never choose to do to a woman.
DJ It's stressful enough to be tied to a bed, naked, in a scene. But then they call "Cut" and you're still tied to the bed, naked.
JD I felt very protective and aware that it probably wasn't easy for her to be put in those situations.
DJ Jamie would be the first one to throw a blanket over me. And he did a lot of studying, just to make sure that I was as safe as possible. But there were some painful moments. I got whiplash once, from him throwing me on to the bed. But that was only because we did it over and over and over again.

> "I did a lot of working out and ate a lot of delicious, healthy food, and had more waxing than any woman should have"

GLAMOUR: There is such global hype surrounding the release of the movie. Are you in any way prepared for that?
DJ I'm proud of the movie. I've tried to portray Ana as a strong, confident woman. I disagree with people who think she's weak. I think she's actually stronger than he is. Everything she does is her choice. And if I can be an advocate for women to do what they want with their bodies and not be ashamed of what they want, then I'm all for that. But I don't want my family to see it, because it's inappropriate. Or my brother's friends that I grew up with. Also there's part of me that's like, I don't want anyone to see this movie. Just kidding.
JD When my daughter's 18, I'm not going to be going, "You've gotta watch Daddy in *Fifty Shades Of Grey*." But there will be greater things to protect her from than seeing Dad's arse on the big screen.

GLAMOUR: To take on these roles, people would assume you're both massive extroverts?
JD When I meet new people, I'm more of an introvert. I never could chat up girls and thankfully don't have to any more. When I feel safe – around my friends – I'm extroverted. I can be quite hyper, and my wife has to deal with that a lot of the time.
DJ I'm flirty with everyone. It doesn't have to be a man. [Laughs.] I'll flirt with babies. I'll flirt with a wall.

GLAMOUR: So what's next for the two of you?
DJ I'm going to be moving soon. I don't know to where, but somewhere. I've outgrown LA for now.
JD I'm back in Vancouver, filming *The 9th Life Of Louis Drax*. And, you know, we want more babies. G

Fifty Shades Of Grey is in cinemas on February 13

Interview by Genevieve Field



Dakota: **Top and trousers** both Donna Karan New York; **hat** Saint Laurent; **rings** Inez And Vinoodh, Melissa Kaye Jewelry and Eva Fehren

Jamie: **Jacket** Dior; **shirt** Saint Laurent; **trousers** Givenchy; **tie** Lanvin; **belt** Givenchy

Photographs by Steven Pan
Fashion Editor: Laura Ferrara
Hair: Mark Townsend for Starworks Artists
Make-up: Pati Dubroff for The Wall Group
Grooming: Kim Verbeck for The Wall Group
Manicure: Deborah Lippmann for The Magnet Agency
Production: Brachfeld

Look, no make-up

Right now, it's all about a natural look – but there's more than one way to do it. How bare do you dare?

By **Alessandra Steinherr**

No-make-up make-up is having a major moment this spring. This might be great news for some – for me, not so much. While I do like my make-up to be on the natural side, going completely raw is a no-no. Thankfully, there are many variations of the look, as modelled here by French super Anais Mali. She goes from bare skinned to polished, with a few tweaks in between, making it easy to find your own comfort level of barely there make-up (mine is Level 3).

Photographs by **Max Abadian**



1 GO TOTALLY BARE

Anais is wearing no make-up in this shot – granted, it does help that she has envy-inducing skin. All she has on her face is **Aurealux Essence** £44 Dolce & Gabbana. "It's great for black skin to even out skintone," she says. "I am mixed race – my mum is from Chad and my father is Polish – so I can get pigmentation issues. In summer, I get darker, and in winter, I get a bit yellowish, but this helps to even everything out." ►

Bra Dolce & Gabbana



2 ADD CONTOUR AND BROWS

"I love a bit of contouring. I learnt from watching make-up artists do it on me," says Anais. "For pictures, you can go strong, but in real life, you need to follow your skintone so as not to have a line down your face." A dark foundation stick gives a more skin-like finish – try **Matte Multiple in Ventiane** £30 narscosmetics.co.uk if your skin is similar to Anais'. When wearing little make-up, defining the brows creates an illusion of a made-up face. "I don't wear a lot of make-up during the day, but I always do my brows," says Anais. "I like **Perfect Eyes & Brows Palette** [£35 clarins.co.uk]."

Dress Dolce & Gabbana

Anais' essential kit

The catwalk star (and face of Dolce & Gabbana's skincare campaign) shares the beauty tricks and products she swears by

Head-to-toe model skin

"Flying dries my skin out. My advice is not to put on make-up when you are on a plane, but to load up on moisturiser to prevent dehydration. For deep hydration, I use **Aurealux Mask** [£110 for six Dolce & Gabbana]."

"I shower with Almond Shower Oil £17.50 loccitane.com – it leaves my skin super-soft."

"I have pretty good skin and I am lucky as I don't get spots. But modelling does take its toll. I have learnt to take off my make-up as soon as I get off set, to give my skin a break. **Essential Cleansing Oil** [£32 Dolce & Gabbana] is the best make-up remover. You just massage it all over your face and you can see the make-up dissolve directly."

"I swear by magnesium supplements and fish oils – I take them daily. They are great for my skin, body and general health." **Magnesium Caplets** £5.29 hollandandbarrett.com; **Omega 3 Fish Oil 1** £19.99 hollandandbarrett.com







My hair

"My hair is naturally curly and very dry. And, since it gets worked on daily, hydration is key. I use **Smooth-Intense Anti-Frizz Shampoo** [£3.99 L'Oréal Paris], and I always, always deep condition. **Intense Treatment Masque** [£29 windleandmoodie.com] and **Oléo-Relax** [£25.90 Kérastase] are both great on black hair. Afterwards, I spray on **Algues Et Fleurs Curl-Enhancing Spray** [£20.90 Leonor Greyl] and then I let my hair air-dry."

"I've had a lot of hairstylists mess up my hair because they didn't know how to work with black hair – especially backstage at shows, where everything has to be so fast. To straighten hair like mine, you need to blow it out first and then use flat-irons – this two-step approach gives the best result. I love that I have endless possibilities to have different hair looks with extensions and pieces. It's fun to play around and have different lengths and colours without committing. And to protect my hair from styling, I love **Brilliant Damage Control** [£18 Aveda]."







My 3 make-up musts



FOUNDATION

"Obviously, I work with the brand, but I do like their foundations and the fact that the shade selection is good for a variety of skintones." **Perfect Reveal Lift Foundation in Golden Honey** £48 Dolce & Gabbana.



RED LIPSTICK

"There is nothing more classic than a red lip. **Velvet Matte Lip Pencil in Red Square** [£18 narscosmetics.co.uk], that's my colour."



BLACK MASCARA

"I use **Secret Eyes in Black** [£23.50 Dolce & Gabbana]. I really do, it's great." ▶





3 DEFINE LIPS AND LASHES

"I love this clean and polished look," says Anais. This is the ultimate '90s supermodel no-make-up make-up – natural but defined. Cheeks pop with a sharp contour (**The Sculpting Powder in Medium** £35 Kevyn Aucoin) topped with a fresh flush (**The Blush in Peach** £31 Dolce & Gabbana). For the ultimate nude pout, line lips with the perennial backstage staple **Lip Pencil in Spice** £12.50 maccosmetics.co.uk and fill in with Anais' favourite pinky nude, **Classic Cream Lipstick in Delight** £25.50 Dolce & Gabbana. On eyes? Lashings of **The Colossal Go Extreme Mascara** £6.99 Maybelline New York. And nails just get one coat of **Intense Nail Lacquer in Perfection** £18.50 Dolce & Gabbana. ▶



4 ADD DRAMA

Amp up eyes without looking too make-up-heavy by sticking to skintone-flattering hues. "At night, I like to play up my eyes, but I still want it to look fresh," says Anais. Here, we smoked her eyes with a shimmery chestnut brown **(Eye Shadow in Antiqued** £13 maccosmetics.co.uk) which complements her colouring. Teamed with a dab of **Lip2Cheek in Illusive** £28 RMS Beauty, on both lips and cheeks, the look is all tonal and effortless. Add depth to nails with two coats of **Intense Nail Lacquer in Chocolate** £18.50 Dolce & Gabbana.

Dress and **veil** (opposite page) both Dolce & Gabbana

Styled by Alessandra Steinherr
Assisted by Dominique Temple
Model: Anais Mali at Viva London/DNA
Make-up: Charlotte Day at See Management
Hair: Chuck Amos at Jump Management
Nails: Sunshine Outing at ABTP
Still lifes: Jody Todd



5 GO EXTREME NUDE

"I never wear a strong lip and a strong eye together – it looks good in pictures, but in real life it is too heavy for me," says Anais. "I love having no make-up on other than a really deep lip – it looks modern and unexpected." Here, Anais is wearing **Classic Cream Lipstick in Amethyst** £25.50 Dolce & Gabbana and not much else.

WHAT WOULD ROSIE DO?

From rock-chick eyes to Hollywood lips, Ms Huntington-Whiteley shares her ultimate beauty secrets with **Alessandra Steinherr**

You'd think Rosie Huntington-Whiteley couldn't look any more gorgeous than she does in photographs. But in real life, when she amps up her personality and charm, she becomes one of the most beautiful people I have ever seen in the flesh. She is funny, engaging and very passionate about her new baby, the Rosie For Autograph fragrance. "I care deeply – it's not just my name on the bottle," she says. "It felt like the next step in my journey with M&S – lingerie is very personal and fragrance has that same sensibility. I work on every detail and think about the woman who will be wearing it." And she genuinely enjoys getting feedback. "I love getting Tweets and seeing the pictures people put up, they make my day. It's the biggest reward, knowing you made someone feel good. I get a kick out of responding and re-tweeting." She is a real beauty fan, too, " When I was little, I wanted to be a make-up artist. I would sit in my bedroom for hours with my glittery eyeshadows and lip glosses." Luckily for us, nothing much has changed and she is happy to share her beauty tips and showcase her all-time favourite looks in our exclusive shoot.

Photographs by **Naj Jamai**

21st CENTURY FOX

"This is such a rock'n'roll Kate Moss look, with the smudgy eye and bedhead hair," says Rosie. It's a smoky eye with an elongated feline shape, which makes it "sexier – but not black holes on the face," says make-up artist Pati Dubroff, who created these looks. She sketched the wing shape with **Smooth Silk Eye Pencil in Grey** £18 armanibeauty.co.uk and then blended and smudged it underneath the eye. On top, she layered **Colour Chameleon in Bronzed Garnet** £19 charlottetilbury.com and **Dual-Intensity Eyeshadow in Subra** £21 narscosmetics.co.uk to add more depth. For the tousled, lived-in waves, hairstylist Christian Wood used large-barrel curling irons, leaving the ends straight. He then tipped Rosie's head upside down and sprayed in **Dry Texturizing Spray** £39 Oribe at spacenk.com so it got that sexy volume when she flipped her head back up. ▶



Dress Gucci



Dress Alessandra Rich

SUPERMODEL CONTOUR

"This is my favourite look – I love a bit of contouring," says Rosie. Pati recommends using contour powder rather than bronzer, which can appear orange. Using a cream gives a more seamless finish and melts into skin – here she blended **Matte Multiple in Altai** £35 narscosmetics.co.uk under cheekbones and in the eye sockets. Then she patted **Artistique Blush in Aureole** £23 Surratt on the top of the cheekbones and in the middle of the eyelids. Lips and nails go ultra nude with **Lip Color in Coco Ravish** £37 Tom Ford and **Complete Salon Manicure in Mudslide** £6.99 Sally Hansen.

JET SET **BEAUTY**



"When I fly, I have a whole routine going on. As soon as I get on the plane, I change into my Rosie For Autograph cashmere PJs, take my make-up off and tie my hair in a loose bun. I fall asleep, even before take off. Pre-landing, I get changed, do my 5-minute face and put on sunglasses and a hat."

MY 5-MINUTE FACE

1 "I spritz with **Rosewater Balancing Mist** [£16.50 Jurlique] to refresh and wake up my skin, then pat some cream blush on my cheeks." **Convertible Color Dual Lip & Cheek Cream** £16 stila.co.uk

2 "I add a dab of concealer under my eyes or anywhere else that needs to be touched up." **AmazingConcealer** £19.50 AmazingCosmetics

3 "Next I brush on a couple of coats of mascara. I use brown during the day and black for evening." **Semi-Permanent Technical Mascara** £17 Diego Dalla Palma

4 "A quick tidy of the brows pulls everything together." **Arch Brow Sculpting Pencil** £26 Hourglass

5 "I like a pinky tinted lip balm similar to my natural lip colour." **Tinted Lip Balm in Petunia** £6 Burt's Bees



"My all-time favourite polish is **Nail Lacquer in Not Just A Pretty Face** [£7.99 Essie]."

MY **SKIN**

"Skincare is a personal thing. I can tell you what I do, but it's not going to work for everybody. Your skin is the most important thing in terms of beauty. It's worth investing time in and getting the best products you can buy."

"Skin-brightening **Active Serum** [£68 iS Clinical at victoriahealth.com] has been fantastic for me, I've used it for years."

"Every other night I use a retinol product called **Resurface Retinol Reform** [approx £50 shanidarden.com]. Some retinols I've used can be too strong. This one is very gentle and great for combatting little acne scars, brown spots and fine lines – it smooths everything."



"I love **Alpha Beta Daily Face Peel** [£22.95 Dr Dennis Gross at feelunique.com] instead of using a scrub."

"I'm not one for heavy creams. I use **Hydra-Cool Serum** [£48 iS Clinical at victoriahealth.com] – it's almost gel-based and sinks in instantly."

"My skin changes from one destination to the next, and it can also get drier depending on where I am in my cycle or how many glasses of wine I had the night before. So when I need more moisture, I use **Oil Free Healing Lotion** [approx £22 controlcorrective.com]."

"I wear SPF pretty much every day, certainly when I'm in LA it's non-negotiable. I like **Oil Free Sunscreen** SPF30 [approx £20 controlcorrective.com]." ▶





Dress
stellamccartney.co.uk

ENGLISH ROSE

"I love this simple babydoll make-up – it's how I'd like to think I look when I come back from a walk in the British countryside when, in fact, I have mud on my face and chapped lips," laughs Rosie. Here Pati used **The Creamy Glow in Isadore** £22.50 Kevyn Aucoin for the pretty flushed cheek. For a wide-eyed look, she lightened the waterline with a nude eye pencil (**Rock 'N' Kohl Eye Cheat** £19 charlottetilbury.com). And Rosie's top trick? "I always curl my lashes before mascara. I used to steal my mum's lash curlers and she'd be like, 'Where's my lash curler? Rosieeeee?'"



’70s BOHO

“This laid-back, sunkissed look is a great one for festivals,” says Rosie. Pati warmed up Rosie’s skin by blending **Radiance Gel Bronzer** £49 Chantecaille over her forehead, bridge of nose and chin. She then swirled **Diorskin Nude Tan in Amber 002** £35 Dior all over for a subtle glow. As for those sexpot lips? The shape is winning the genetic lottery, the shade is **Lip Pencil in Hazelnut Tea** £17.50 Laura Mercier. Christian straightened Rosie’s hair with **ghd IV Styler** £99 ghdhair.com, keeping a little bend through the ends. He then roughened up the crown with his fingers to make it look more casual. ▶

Dress Etro; **hat** americanapparel.co.uk

MY **BODY**

"My brother is a fitness instructor and my mother was a fitness instructor too – I have always been around people who are very health conscious"

"Oh, I would work out five days a week if I could. I usually manage about three – for me it's important because obviously I want to be in shape, but it's much more than that – it's about peace of mind and wanting to be strong. In LA, I go to these cool classes at Body By Simone and I go on hikes with my dogs. When I'm in London, I work out with my brother – he kicks my butt. When it comes to my diet, I always try to eat clean and simple at home, something like chicken or fish with a big mixed salad. And when I go out, I enjoy myself and have a glass of wine, French fries and dessert. I love to juice. I can't do juice cleanses, I just can't. But I do make a juice or two a day to get all my nutrients. I see a huge difference in my skin and digestion."





MY GO-TO JUICE

"You have to get the measurements right, otherwise it's like drinking soil."
2 big handfuls of kale or spinach
1 whole cucumber
1 pear
3 apples
A couple of stalks of celery.
Some mint to give it a kick.
I put it in my Vitamix, blend it up and that's it."

MY **FRAGRANCE**

"I've always been immersed in fragrance. I've collected perfumes for years and it's one of my favourite purchases"

"When it comes to the scent, the most natural thing seemed for it to centre around roses – it's at the heart of everything I do. I've always loved the smell of rose, plus my name is Rosie, so it made sense. It was important to me that it had a contemporary smell, at once youthful and classic. I wrote down a list of my favourite fragrances, such as Jo Malone Red Roses, and scents I like such as jasmine and magnolia. One of my favourite things was going to Grasse in the south of France for the rose harvest. I love scenting my home and I'm obsessed with candles, so I basically made what I wanted for myself [**Rosie For Autograph Candle** £15 marksandspencer.com]. The **Rosie For Autograph Room Diffuser** [£18 marksandspencer.com, left] was fun to create. It looks like a special keepsake that you can keep next to a photograph of your partner on your mantelpiece."



Rosie For Autograph
£28 for 75ml EDP
marksandspencer.com



THE MANE MAN

"I love George Northwood, he has been doing my hair since I was 16. I met him when he worked at his first salon as a junior and I was a broke model – he needed someone to test his cuts on and I needed cheap haircuts. He's now one of my best friends. I love his salon and I visit it every time I'm in London [georgenorthwood.com]. I honestly don't do much to my hair. I like a mask and I use Kérastase products. I do get bad hair days – that's when the hat comes out!"



Still lifes: Sudhir Pithwa



Dress ralphlauren.co.uk

RED CARPET GLAMOUR

"This is true old-school glamour," says Rosie. "I love this classic look, but I don't wear a lot of lipstick for events, as I don't like the maintenance of having to keep it up," she laughs. For the glossy red lip, Pati custom-blended **Revolution Lipstick in F-Bomb** £15 Urban Decay with **Semi Matte Lipstick in Jungle Red** £19.50 narscosmetics.co.uk and layered on **Lip Maestro in 400** £25 armanibeauty.co.uk. A little outer-corner flick on the eyes and some individual flared lashes dial up the drama. G

Styled by Alessandra Steinherr
Assisted by Dominique Temple
Make-up: Pati Dubroff at The Wall Group
Hair: Christian Wood at The Wall Group
Nails: Tracey Sutter at Cloutier Remix

14 TREATS WITH A PLUS ONE

Spoil a friend, a partner or your mum (oh, and yourself, of course). By **Sarah Jossel**

BIRMINGHAM

Cut And Blow-Dry at Nicky Clarke, 103B Wharfside Street, The Mailbox B1 1RF (0121 633 4009; nickyclarke.com)
For a change Sit back and enjoy a hair transformation. Whether it's a subtle trim or a statement chop, you and a friend will walk out with a slick new style.
Usual price From £90 for two

CARDIFF

Shellac Nails at Ken Picton, 8 Mermaid Quay CF10 5BZ (029 2066 2080; kenpicton.com)
For long-lasting results Treat yourselves to a glossy shellac manicure. Nails are buffed, filed and painted in a shade that lasts for up to two weeks.
Usual price £60 for two

LINCOLNSHIRE

Time For Two at The Grange Spa, Millthorpe road, Pointon NG34 0NF (01778 440511; thegrangespa.co.uk)
For a break You'll both get half-day access to all spa facilities, an express facial and a foot massage and scrub.
Usual price £200 for two

LONDON

Martini & Manicure at Sofitel St James, 6 Waterloo Place SW1Y 4AN (020 7747 2204; sofitelstjames.com)
For an indulgent treat Head to this oh-so chic spa in central London for some hand and nail



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TLC. You'll enjoy a Martini on the house and a manicure using OPI products.
Usual price £100 for two

Two's Company at K West Hotel & Spa, Richmond Way W14 0AX (020 8008 6600; k-west.co.uk)
For a day out Each person is offered a 40-minute massage, access to the sauna and time out in the wet spa. Plus, a complimentary lunch for both of you.
Usual price £325 for two

Spa Manicure And Pedicure at Cobella Hair & Beauty Salon, 5 Kensington High Street W8 5NP (020 7937 8888; cobella.co.uk)
For a double whammy Catch up with a friend while hands and feet are soaked in aromatherapy oils. Next, a softening masque is applied, and nails and toenails are filed and painted with Jessica polish.
Usual price £90 for two

Tong For Two at George Northwood Salon, 24 Wells Street W1T 3PH (020 7580 8195; georgenorthwood.com)
For a hair tutorial Your lesson includes how to prep hair using Redken products, the tricks of the tong and how to make your style last. George is the man behind Rosie Huntington-Whiteley's dreamy waves, so if there's a team who knows, it's his.
Usual price £110 for two

Hair Styling at Blow Ltd Covent Garden Beauty Bar, 8 Slingsby Place, St Martin's Courtyard WC2E 9AB (020 7240 7987; blowltd.com)
For speedy results After your hair's washed, you and your plus one will choose from a style menu that includes the Luxe Blow and the Undone Bun. It takes just 30 minutes and they throw in a free glass of Champagne, too.
Usual price £50 for two

MANCHESTER

Blow-Dry at Nicky Clarke, Unit G5, The Avenue, Spinningfields M3 3FL (0161 833 3555; nickyclarke.com)
For glossy hair After you've both been treated to a blissful head massage and an intensive rehydrating mask, hair is blow-dried to A-list perfection.
Usual price From £60 for two

NORTHERN IRELAND

Spring Boudoir at Galgorm, 136 Fenaghy Rd, County Antrim BT42 1EA (028 2588 2550; galgorm.com)
For a fun day out Choose five people to join you in the 'private boudoir'. You'll each receive a glass of Champagne, mini desserts, unlimited use of the thermal spa and a 25-minute treatment.
Usual price £70 per person**

PETERBOROUGH

Blow-Dry And Luxury Manicure at P.Kai Hair, Unit 5a Serpentine Green Shopping Centre, Hampton PE7 8BE (01733 358835; pkai.co.uk)
For a transformation Enjoy a luxe blow-dry and manicure using Nubar nail polish. Plus, GLAMOUR readers will be treated to a dreamy hand massage.
Usual price From £80 for two

SUFFOLK

The Spa at The Bedford Lodge Hotel, Bury Road, Newmarket CB8 7BX (01638 676130; bedfordlodgehotelspa.co.uk)
For girls only Take some time out in the heart of Suffolk. Your group will be given a make-up tutorial, a deluxe manicure and a glass of bubbly on the house.
Usual price £67.50 per person (four people max)

SURREY

La Sultane De Saba Deluxe Rassoul at Foxhills Healthspa, Stonehill Road, Ottershaw KT16 0EL (01932 704555; foxhills.co.uk)
For detoxifying Relax in a private steam chamber for two while your therapist applies Elemis body butters, scrubs and oils mixed with Moroccan clay. It's perfect for relaxing and decongesting.
Usual price £65 for two

YORKSHIRE

Couples Swedish Massage at The Spa at The Devonshire Arms Hotel, Bolton Abbey, Skipton BD23 6AJ (01756 710441; devonshirehotels.co.uk)
For time-out Enjoy a relaxing ESPA full-body massage in this recently refurbished spa and be sure to make use of the sauna and steam room afterwards.
Usual price £60 for two

Home comforts

Gopriv is an app that offers beauty treatments from haircuts to massages – all in your own home. Download it for free, click the service you're looking for, where and when, and they'll send an expert to your door as soon as an hour later. **gopriv.com**

Photograph: Jason Lloyd-Evans. *Please mention offer at time of booking and present these pages at the salon or spa on arrival. Unless otherwise stated, offers are subject to availability and certain restrictions, and are valid until March 4, 2015. **Mondays-Thursdays for a minimum of six people



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Clearblue Digital Ovulation Test with Dual Hormone Indicator identifies more opportunities than other ovulation tests. [1]In a study of 67 women, 4 or more fertile days were identified in 80% of cycles using actual cycle length. Read instructions before use. ©2014 SPD Swiss Precision Diagnostics GmbH. All rights reserved.



Think 'talking to someone' isn't for you? Well, what if the therapist is young and understands your life, because they're living it – Tinder and all? **Louise Chunn** meets the new generation working for a happier, healthier you

When you think about what a therapist might look like, you imagine a kindly middle-aged woman, like a favourite aunt, or a stern-faced doctor, right? In other words, a big leap from you. But changes are afoot in therapy, and a drop in the starting age is one of the biggest. The idea of 'older and wiser' is no longer critical, says Philip Reilly, deputy director of training at one of London's many therapy training centres. "It was believed that you shouldn't start until you were at least 30, but at the Minster Centre we don't have an age limit and most centres are the same," he says. "Being suitable to be a therapist really comes down to whether you can contain strong feelings – meaning your response to people. Life experience can help, but not necessarily."

Here, GLAMOUR talks to some young therapists who are stepping up to be our new mental-health gurus and can tell us what having therapy is *really* like. ▶

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The sex counsellor

JENNIFER O'NEIL, 31

"I started in fitness and personal training, but coming into my mid-twenties I was asking myself what I was naturally good at. I have empathy, I have calmness: I wanted to draw on those elements of myself. So I did a three-year degree in integrative counselling at Roehampton University. I loved it, though it was really intense. It involved lots of personal development; it helped me understand how I relate to people and how my way of relating affects other people.

"YOUNG PEOPLE ARE REALISING THAT IT'S OK TO COME AND TALK"

I'm now halfway through a two-year psycho-sexual post-grad diploma and have started working with couples and individuals with sexual concerns. Sex is such a big part of people's relationships, yet it often gets glossed over. It gives so much insight into what is going on in that person's life.

There's still stigma around therapy, but young people are realising that it's OK to come and talk, without feeling indulgent. I see a lot of people who are coming up to being 30 – it's what therapists call 'a time of transition'. It brings up a lot of questions about where you might want to go in your life, whether your priority is your career, relationships, having children… I know how it feels and I think clients appreciate that."

JENNIFER'S TOP TIP **"Even if you don't feel you have a sexual problem, everyone benefits from exploring their relationship with their body. How do you feel about it? What have you learnt about sex? What feels good? What doesn't?"**



The actor-turned-therapist

VICTORIA SHALET, 33

"From the age of six, I was acting, but I got to my early twenties and realised my heart just wasn't in it. Then I had some therapy myself and it really did make me re-evaluate what I wanted from life. I did a foundation year in counselling and knew I wanted to take it further.

The crunch came when I was accepted onto a training course that would qualify me to be a therapist. On the same day, I got a call-back from an audition to be a regular in *Holby City*. When I didn't get the part, I saw it as a sign that I had to give up acting altogether to do the three-year course. I had to make a choice and I've never regretted it.

When I set up in private practice, I remember saying to my boyfriend, 'Who will come and see me? Don't people want a therapist who has had life experience?' I never thought it would take off in the way it has, with so many clients who are a similar age to me. I think there's something about talking to someone who's not in a position of authority, who is a contemporary, but not their friend. That's what I provide. As one of my teachers said, 'Sex and drugs aren't new, but some people want to talk to someone who might have been through it five years ago – not 20.'"

"I HAD SOME THERAPY MYSELF AND IT MADE ME RE-EVALUATE WHAT I WANTED"

VICTORIA'S TOP TIP **"Accept every feeling you have, no matter how overwhelming. It's information about who you are and what you want – embrace it as part of you."**

DO YOU NEED A THERAPIST?

Answer 'yes' to any of these questions and you should consider whether therapy can help you, says therapist Andrew Samuels

- Do you say, "Here I go again" a lot, showing a pattern of behaviour that is repeatedly causing you problems?
- Has something traumatic happened (bereavement, loss of job or end of relationship) that you're having difficulty overcoming?
- Are your feelings (anger, sadness, shame, worry) much more extreme than they used to be?
- Do alcohol or drugs play an increasing part in how you deal with your emotions?

HOW TO FIND (AND AFFORD) A THERAPIST

- Start with your GP and see if you can take advantage of the Improving Access to Psychological Therapies initiative. Depending on where you live, this could allow you to have up to six sessions of cognitive behavioural therapy on the NHS.
- Many therapists offer variable fees – based on what time of day or location you see them; some will use a sliding scale dependent on your income. Fees are open to a degree of negotiation, so do ask.
- The British Association for Counselling & Psychotherapy (BACP) has a database of registered therapists. See bacp.co.uk ▶



The CBT champion

ALISON CATTLE, 28

"Having studied psychology at university, I was inspired by a CBT (cognitive behavioural therapy) therapist in the clinic where I first worked. CBT helps you recognise the links between your thoughts, feelings and behaviours – it helps you understand the cycles that you may get stuck in and how to interrupt them. My colleague was so passionate about this approach, showing me all the evidence, and I could see the significant changes that it can make in people's lives.

Mostly, I see women, aged between 18 and their late fifties. I also offer online therapy, which involves using Instant Messenger to give one-to-one CBT therapy – this might seem strange, but it can be very effective. For some people, it's liberating not having someone there with you, but others want to be in the room with their therapist.

"IT'S THE CLIENT WHO KNOWS THEIR THOUGHTS AND FEELINGS THE BEST"

There are lots of misconceptions about therapy. It's not about coming to an expert and expecting them to magically fix you. You work together as a team. A true CBT therapist will never think of themselves as the expert in the room; the client knows their thoughts and feelings the best."

ALISON'S TOP TIP **"Keep a weekly activity diary. Rate each activity out of ten for enjoyment, achievement and closeness to others. At the end of the week, plan your next week with more high-rating activities."**



The emotional healer

LUISA MULINAS, 33

"I trained as a lawyer, but I wasn't fulfilled. At the same time as deciding to change my job, I also ended a long-term relationship. It was a total life change.

Therapy has this amazing power to help people reach their full potential and I wanted to be part of that, so I did a part-time course in transactional analysis, which combines the essentials of psychology and psychotherapy.

"THERAPY HAS THIS AMAZING POWER TO HELP PEOPLE REACH THEIR FULL POTENTIAL"

Therapy used to be something that people had later, around a mid-life crisis, perhaps after a divorce. Today's clients are not only younger, but they're also more likely to come and talk about things like eating disorders or career anxiety. I also see a lot of people with self-esteem issues and depression – despite the many ways we can communicate with each other, there's a lot of social isolation today.

I love this work, but there are challenges, too. We can't change everything in six sessions. Also, there are financial considerations. I get that clients are digging deep into their pockets, but I want them to understand that this process will help them more than another night out."

LUISA'S TOP TIP **"When you feel down, it's easy to see life through a negative filter. To avoid this, every evening express gratitude for three things that have happened to you that day, however small."**

"WHAT I LEARNT FROM THERAPY"

Readers share their experiences

"I had therapy because I was struggling with my relationship. The thing I remember best is the way my therapist explained how by challenging my partner all the time – why didn't he want to move in with me? Did he want children? – I was setting off defensive behaviour in him. She taught me to step back and look at things from a different angle." *Jenny, 32*

"My therapist pushed me to do regular exercise. I would walk into the gym on my lunch break on the verge of tears and then, after a session, I'd walk out feeling I could deal with life again." *Claire, 30*

"Before I started seeing a therapist, I felt sad and lost. The year before, my three-year relationship had ended and I struggled to feel happy or excited about anything after that. One day, we tried talking to an empty chair as if it was my ex-boyfriend, to release all my feelings about the break-up. I left her consulting room that day feeling freer." *Miranda, 26*

"When I felt anxious, I used to get a tight chest and it felt like I couldn't breathe. My counsellor told me it was because I was subconsciously holding my breath when I got stressed. She told me to take five slow, deep breaths. As soon as I knew I could control it, I learnt to cope better." *Sally, 30*

Louise Chunn is the founder of welldoing.org, which offers a UK therapist directory, plus health and wellbeing information

Main photograph (posed by models): Martin Sweers/folio-id.com

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Did somebody say cocktail?

And not just *any* cocktail. The UK's hottest mixologist, Oskar Kinberg, shares his spring menu with GLAMOUR. By **Nicola Down**

Oskar Kinberg is one hell of a party starter. If he were a cocktail, he'd be the one that got you dancing on the table. The 30 year old behind Oskar's Bar, one of London's hottest cocktail bars, shakes up everything from beer cocktails to cool pea'n'mint concoctions. "Whether you're inviting the girls over or want to impress a date, it's fun to mix up an exciting drink that gets everyone talking," he tells us in his cool drinking den under restaurant Dabbous, which he co-owns with Michelin-starred chef Ollie Dabbous.

"I love experimenting with seasonal ingredients and homemade infusions to take drinks up a level," he says. "Try it at home. Take your favourite cocktail and make one-ingredient substitutions. They hardly ever fail, and you can keep experimenting until you find the perfect combo."

Right now, the trendiest cocktails contain pisco. "It's a refreshing Peruvian grape brandy – try adding it to any drink where you'd normally include gin or vodka," he says. Whether you fancy a simple alternative to bubbly (hello, Fizzy Rascal) or want to go all out to impress (a Piscotheque, please), you'll find your cocktail crush here. ▶



Photographs by **Chris Terry**

Peas'n'Mint

"Yes, pea and mint in a cocktail; and yes, it's what your taste buds have been waiting for. While pea shoots may be small, they're huge on flavour and this minty twist on a G&T is perfect for spring evenings. Add Cocchi Americano to your drinks cabinet – it's the tomato ketchup of the cocktail world, making everything taste that little bit sexier."

Ingredients ● 50ml gin (Oskar uses Jensen's Bermondsey) ● Handful of pea shoots ● 1 mint leaf ● 15ml Aperitivo Cocchi Americano (available from speciality drink shops, try thewhiskyexchange.com) ● 15ml lemon juice ● 15ml lemon verbena tea ● 15ml sugar syrup (available from speciality drink shops, or you can easily make your own using a 1:1 ratio of sugar with water)
To garnish ● Pea shoots

Method Using a muddler – or the end of a rolling pin – crush the pea shoots and mint leaf to release their aroma. Next, shake all the ingredients in a cocktail shaker with ice. Carefully strain and serve in a cocktail glass. Garnish with pea shoots.



Piscotheque

"A bit retro? Sure. Supercool? Hell, yeah. This deliciously fresh yet creamy cocktail with luxurious foam is a party in your mouth. Its secret is the egg white, which amps up the frothiness, as well as the soda siphon that adds a gentle fizz."

Ingredients ● 50ml pisco (Oskar uses Barsol Pisco) ● 25ml lemon juice ● 30ml grapefruit syrup (available from speciality drink shops, or, to make your own: heat up 500ml sugar syrup with the zest of 2 pink grapefruits) ● 50ml double cream ● ½ egg, white only
Ingredients for the soda siphon ● You need a 3:1 ratio of jasmine tea to pineapple juice. To make enough to fill a charged siphon, use 525ml chilled jasmine tea to 175ml pineapple juice
To garnish ● Loose-leaf jasmine silver needle tea ● Slice of dried grapefruit (to make: bake slices of grapefruit in a low oven)

Method Shake all the ingredients – except the siphon ingredients – with ice in a shaker. Strain the liquid from the ice back into the shaker and shake again.

Pour into a highball glass and top up with the jasmine and pineapple soda you've made in the siphon. Garnish with jasmine needles and a dried grapefruit slice.

Grooming: Salina Thind at Era Management. Always drink responsibly. For information on safe drinking, see drinkaware.co.uk



Fizzy Rascal (left)

"This is always popular and for good reason: it's a real party starter. Fizzy and fruity, funky and fresh, it's a great alternative to bubbly."

Ingredients ● 50ml vodka (Oskar uses Vestal) ● 15ml elderflower cordial ● 15ml lemon juice ● 5 sage leaves ● 50ml apple juice ● 5ml sugar syrup (available from speciality drink shops, or make using a 1:1 ratio of sugar with water) ● Champagne or sparkling wine
To garnish Fresh sage leaves

Method Shake all the ingredients, except the Champagne, in a cocktail shaker with ice. Carefully strain, then serve in a highball glass. Top up with Champagne. Garnish with fresh sage.

The Day Christopher Robin Left (far left)

"Imagine if Christopher Robin left and Winnie-The-Pooh turned to the bottle? Yep, this beer cocktail is what he'd turn to. Honey-ish, floral-y and full of body, it's perfect for date night. Serve in a silver tankard, garnished with an edible flower for a seriously cool twist."

Ingredients ● 35ml Bourbon (Oskar uses Buffalo Trace) ● 15ml lemon juice ● 15ml Aperitivo Cocchi Americano ● 15ml manuka honey ● 15ml verbena lemon tea ● ½ egg, white only ● Mead (available from speciality drink shops, Oskar uses Gosnells)
To garnish ● Edible flowers, such as violas ● Orange blossom water (available from speciality drink shops. Add to a spray bottle, which you can find in a chemist)

Method Shake all the ingredients, except the mead, in a cocktail shaker. Strain and shake again with ice. Strain again, discarding the ice, and serve in a tankard topped up with mead. Garnish with an edible flower and a spritz of orange blossom. ▶

Try Oskar's handiwork for yourself at Dabbous, 39 Whitfield Street, London W1T 2SF



Conan The Rhubarbarian

"One sip of this and BOOM, you're on the beach. Silky-smooth and fizzy, it's a brain-tingling rhubarb-hued crowd pleaser."

Ingredients ● 25ml melon vodka (Oskar uses Grey Goose) ● 25ml pisco (from speciality drink shops) ● 15ml lemon juice ● 25ml rhubarb syrup (from speciality drink shops) ● 10ml orgeat or almond syrup (available from speciality drink shops) ● ½ egg, white only ● soda
To garnish ● Lime, lemon and grapefruit shavings ● Fresh mint

Method Shake all the ingredients, except the soda, in a cocktail shaker with ice. Strain back into the shaker and shake again without ice. Strain into a highball glass filled with cubed ice and top with soda. Garnish with the citrus shavings and mint.

NEW WHEELS, PLEASE!

Ratings

Stuck in a jam · Passes the test · Let's go!

	City friendly	Country friendly	Family friendly
RENAULT TWINGO	The turning circle's almost as small as a London taxi's, it's only 3.6m long so parking's a doddle, and as it's just 1.6m wide, negotiating underground car parks is easy.	If you choose the faster (and £800 more expensive) 90bhp turbocharged engine, it's great for nipping down country lanes – and at just 943kg, it'll happily get up unpaved drives, too.	Renault's carved a lot of interior space out of a tiny car, so two six-footers can fit in the back, but realistically it's only suitable for four people on shorter trips, even if some are kids.
CITROËN C4 CACTUS	Anticipating the dings and dents of urban life, Citroën's literally bubble-wrapped this car with oval pads called 'Airbumps', which are made out of air-filled, hardwearing plastic.	The high ground clearance and protected perimeter means it's fine for tracks, and while there's no four-wheel drive option, a set of winter tyres should see it scrabble up most peaks.	It's mastered the art of cool family transportation. Front seats are wide and, because the rear windows don't wind open (they pop out), the inside of the doors are carved for elbows.
ŠKODA OCTAVIA ESTATE	Any big car in the city isn't easy, and at 4.7m long, you'll have to check it fits in your parking space. But it's only as wide as a Golf (1.8m), so you can slip through the city centre without wincing.	If you're rural, the Octavia's available in four-wheel drive for an extra £1,450. The bigger 1.6-litre TDI engine gives the car enough muscle to pull itself up hill and down dale.	Rear seat space is ample, even for six-footers. And – provided there's only two of them – you can fold down a central arm rest in the back, which has a pair of cup holders.
PEUGEOT RCZ	It's small and nimble, but the ride at low speed is a bit... jiggly. Still, it's only 4.3m long, so you won't struggle to park it, and you'll want to take it to town to show off its looks.	The RCZ's low ride height and wide hips make it perfectly balanced for twisty lanes, but they also rule out any off-road adventures. It'll manage a craggy drive, but not a lot more.	We're assured there's a knack to getting in and out of the rear seats, but we've yet to discover it. There are two Isofix points for a child seat in the front seat, but the RCZ is not a family car.
FORD S-MAX	It's 1.88m wide and 4.7m long (and 1.6m tall), so it'll struggle on tight streets. That said, even though it's a large seven-seater, it's no more intimidating to drive than a Ford Fiesta.	The suspension's slightly jacked up so it'll happily get its boots dirty, but it's not a 4x4 and will come unstuck where an off-roader wouldn't. There's plenty of space for dogs and wellies, though.	There are seven seats, each with plenty of room and stacks of entertainment options. Get the 2.0-litre TDCi and you'll find that it's pretty nippy and fun to drive, too. A proper all-rounder.

BHP = Break Horse Power **MPG** = Miles Per Gallon **TDI** = Turbocharged Direct Injection

Need a car upgrade, but not sure where to start? The big manufacturers are launching 107 new models in 2015, so we've edited it down to five of the best. Happy test driving, says **Matt Jones**

Wallet friendly	Luggage friendly	Tech specs	Comfort levels	Billionaire? (You want something like this but money's no object)
It starts at £9,495, but we'd buy the 90bhp model (£11,695) for top trim. It sits in a low insurance bracket (9E), returns 65.7mpg, and with low CO^2, you'll pay no road tax.	To create more room inside, the engine's mounted under the boot, so there's only room for two overnight bags. But you can drop all the passenger seats to fit flat-pack headaches.	The basic model gets DAB radio but no air-con (that's in a £500 options bundle). Sat nav's also optional, but you get a dashboard mount and a free app that turns your phone into one.	The seats are comfortable, with infinitely customisable colourways, but this is very much a car for short blasts through the city. That said, it rides superbly on pockmarked roads.	 **BMW i8** A hybrid, so you don't have to pay the congestion charge. A perfect city car; but three times the price.
It starts at £12,990, but you'll need sat nav (£495) and the better 1.6-litre diesel engine, which starts at £16,590 but improves fuel consumption from 61.4mpg to 83.1mpg.	The Cactus is the first car with roof airbags, so now there's space for boiled sweets and sunglasses in the natty dashboard storage holes. You'll easily fit two large bags in the boot, too.	All Cacti get air-con and cruise control as well as an audio system with a DAB tuner and Bluetooth. But you'll have to pay extra for reversing cameras (£595) and sat nav (£495).	It's designed to be a relaxing drive, and it's one of the most comfortable cars on sale. The soft suspension means it wallows on corners, but you could drive it all day on the motorway.	 **Range Rover** This can scale an Alp before breakfast. That's if you can afford £100,000 and sate the 25mpg thirst.
Think of it as a cheap Volkswagen Golf (VW owns Škoda and they share components). It starts at £17,115, which is £1,410 cheaper than the equivalent Golf, and you get more equipment.	The boot has a 610-litre capacity. If you fold the 60:40-split rear seat flat, that increases to 1,740 litres. It's second only to the pricier Honda Civic Tourer in its class for boot space.	Škoda's pretty generous. As well as a cooled glovebox to chill your water as standard, even the cheapest version (the S) gets air-con, Bluetooth, a DAB radio and a USB socket.	The finishes are a bit dour – the materials aren't as tactile as you'd like – and the ride is slightly stiff, so it feels harsh on bad roads. But it's still the best estate out there for the money.	 **Mercedes-Benz CLS Shooting Brake** Mercedes offers an option of a wood-lined boot floor for its £48,000 estate.
It starts at £22,350; in terms of visual impact, you'll have to spend four times that to get close. As it uses engines from cheaper Peugeots, it isn't too dear to insure (group 28E).	Er, no. But when something looks this good, you don't care. You get 309 litres (a suitcase and two carry-on bags), and you can fold the rear seats to increase to 760 litres.	You get pretty much everything you'd need as standard, including a USB port, Bluetooth, radio/CD player, automatic wipers, air-con, a rear parking sensor and cruise control.	This is built for spending time in, so expect interior design that'll stand up to close inspection. The cabin is welcoming because of all the light that the rear glass screen lets in.	 **Rolls-Royce Phantom Coupé** At 2.5 tonnes, it weighs as much as a vicarage. And at £338,616, costs the same.
Versatility doesn't come cheap. Prices start at £23,310, but the better 2.0-litre diesel (from £25,835) gives the best economy. It'll hit 43mpg (official 53.3mpg is ambitious).	You can feng shui the rear seats to accommodate awkward stuff and bring the kids along, or drop them all flat to open up a two-metre long boot with 2,000 litres of space.	All models get climate control and parking sensors. If you go for the Titanium spec, you'll find cruise control and DAB radio. You can also add seven-inch screens on the headrests.	When big cars are this nimble, you expect to compromise the ride, but this manages to be comfortable, stable and manoeuvrable. The kids will never know you're having so much fun.	 **Audi Q7** You can keep adding specifications that take the price up to a staggering £100,000. G

Photographs: Alamy, Getty Images

Matt Jones is Features Editor at gq.co.uk

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10 words we'd *love* to ADD TO THE DICTIONARY

If comedian **Vikki Stone** had her way, this lot would be in all our vocabularies



vikkistone.com. Photographs: Getty Images, Alamy

1 **Cumberie** The new name for celeb couple du jour Benedict Cumberbatch and Sophie Hunter. (We went for Cumberie because Googling Cumhunter is never going to turn out well.)

2 **Frebignity** When a free bar leads to a loss of all dignity.

3 **Plagressive** When you pretend to be pleased for someone, but you know you'll punch a wall when you get home.

4 **Sextendering** The art of having sex while simultaneously watching *EastEnders*.

5 **Drashing** When you don't have time to wash properly, but instead use dry shampoo and a quick, er, wipe.

6 **Prebuzz** The buzz before the buzz. For example: "I'm hoping to generate a lot of prebuzz about my new haircut."

7 **Brasagne** Lasagne, but with bread. OK, it's just a sandwich. BUT it's covered in melted cheese and sundried tomato, and sounds exotic.

8 **Walddict** A person who is addicted to Walden – as in the soft blueish Instagram filter.



9 **Bumfungle** Feels like swearing, but isn't. Perfectly fine in front of the in-laws.

10 **Wazzing** The latest exercise craze: water-based contemporary dance, done to jazz music, of course. First, the models start wazzing; then, everyone wants to wazz.

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4





6



5

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2. THE LIVING FOOD KITCHEN brings Nature's goodness into your home. Using the finest natural and organic ingredients their range of raw, vegan products includes almond drinks, raw dips, desserts and buckwheat granolas. Visit their new website **www.thelivingfoodkitchen.com** to place an order or email them at **info@thelivingfoodkitchen.com** for more information.

3. FREEGO is the new gluten free online supermarket. They've travelled the world finding great tasting gluten free food. Breads from the USA, pastas from Italy, noodles from China and more. Give yourself a gluten free boost. Use GLAMOUR to get £10 off your first £25 shop at **Freego.com** (offer valid until 31st March 2015).

4. LIFEBOX delivers health and superfoods to your door in a magical white box. An easy, convenient and affordable way to tantalise the tastebuds and enjoy healthy nourishing food. 3 month trial/12 month subscriptions available across their entire range of 6 fabulous lifestyle boxes. Visit their website **www.lifeboxfood.com** or follow them on twitter: **@lifeboxfood** and instagram: **@lifeboxfoodco** and make your 2015 that little bit healthier!

5. Just like you, at **NUTRIENTWISE** they all love their tea. With a myriad of hot drinks to choose from today, it can seem almost impossible to choose where your next brew is coming from, that's why TeaGuru bring together the finest quality, organic natural ingredients to make the perfect blend! Visit **www.nutrientwise.com** to view the complete range.

6. WE ARE TEA. This independent London-based tea business sources multi award-winning whole-leaf tea. Selected purely for quality and flavour, they have a great range of light, bright and beautiful green teas for you to try such as gunpowder supreme, moroccan mint and dragon well. Green teas are known to help improve your health, energy levels and wellbeing. Just what you need in the deep winter months. Claim 20% off their range of loose and tea bag formats during February 2015 with promo code GLAMOUR20. Explore their green tea range at **www.wearetea.com/shop-green-tea**

7. YOUR TEA. Time to thank your body? TinyTeatox is designed for exactly that. Pleasing your body from the inside out. Deliciously good for you, TinyTea is blended by qualified Chinese medicine practitioners. Laxative free – Visit **www.yourtea.com** to find out more and buy today. Fast shipping with Royal Mail.



7

SLENDERTOXTEA



8

8. SLENDERTOXTEA TEATOX. Time to reward your body? With their purely natural organic teatox there are many benefits from drinking, the Slendertoxtea teatox is available in 14 day to 3 month packs from **www.slendertoxtea.com**. Use promo code: GLAMOUR20 for 20% discount until 31/03/15.

Advertisers should contact 020 7499 9080 ext. 3705

Jewels Of Love...



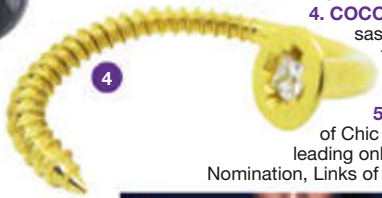
1. AMORE ARGENTO, lovingly designed valentines "love you" silver necklace with sparkling cubic zirconia. With over 30 years' experience of creating stunning jewellery you can choose from the extensive argento collection with confidence and enjoy a quality product with precious gemstones overflowing with vibrant colours that have been beautifully crafted. The perfect gift for valentines and all life's occasions with elegant packaging. Visit **www.amoreargento.co.uk** or call **0345 450 3863**.



2. Dancing Owl Pendant is a true heirloom that sparkles from generation to generation. Add a kick to your plain tee or dress it up with an LBD for that special date. **CIRCUIT JEWELLERY** is about classic vintage with a modern twist. Each piece meticulously curated, and inspired by imagination and love. Free worldwide shipping. IG: **circuitjewellery** or visit **www.circuitjewellery.com**



3. Send a loving gift with this enchanting ring. German based jewellery artist **MANUELA MERK** creates handmade customized pieces and limited designs. These outlandish creations are sensual and symbolic and sometimes the bespoke dream becomes the storyteller- each piece has its own certain something. "Welcome to my world, filled with imagination, passion and real values." Visit **www.ManuelaMerk.de** or email **atelier@ManuelaMerk.de**



4. COCO'S LIBERTY offer "delicate statement" pieces. Check out their sassy, cheeky and fierce jewellery which is completely handmade in their own studio in London using only fair traded gold and silver. For more information, visit their website **www.cocosrevenge.com** or email **info@cocosliberty.com**

5.JOHN GREED. This statement beauty will crown you the Queen of Chic and attract the attention you deserve! John Greed is one of the leading online jewellery retailers selling Pandora, Thomas Sabo, Nomination, Links of London and many more! **www.johngreed.com** Get 25% off all Edge West online now using code GLAM25 (expires 28/02/15).





6. CEYDA ÜÇYIĞIT is a Central Saint Martins graduate London based Jewellery Designer. She was chosen by Shaun Leane as the winner of the Boodles Award 2013 for the most inventive collection without losing commercial potential. Ceyda was also selected as a finalist for the Swarovski Runway Rocks Show 2013 Shanghai, for her impressive use of raw materials mixed with Swarovski Elements, entitled "The Snake Charmer" from her Paradox Collection. Visit **www.ceyda-u.com** or contact **c.ucyigit@hotmail.com**



7. MERCI MAMAN offers a beautiful range of personalised gifts. Featured is their personalised Sterling Silver Infinity Bracelet (£39) that will be engraved by hand with the names, dates or message of your choice. Also available in Gold Plated. The dedicated team at Merci Maman will hand-craft your bracelet from start to finish within only a couple of days and they will gift wrap your treasure in their lovely box, sealed with a bow. For more information, visit **www.mercimamanboutique.com** or call **020 7731 1377.**





8. ALPHA GYPSY. In each design piece that Alpha Gypsy's studio create, invested endless amount of creativity and love which makes the designs timeless and above trends. Thus creating an amazingly luxurious touch and feel to the scarves while maintaining a worldwide praised level of quality. An Alpha Gypsy scarf is a must have statement accessories for Boho/ Urban ladies. Visit **www.alphagypsy.com** to see the whole collection.



9. DARLING CHÉRIE JEWELLERY is the affordable luxury with price range from £40-£160. Sterling silver, gold and highest quality cubic zirconias. Visit **www.darlingcheriejewellery.com** or contact **info@darlingcheriejewellery.com** for more information.

10. BLK AND NOIR unisex and women's jewellery that is edgy, one of a kind and eccentric. BLK AND NOIR is also a great choice for affordable personalized jewellery, each jewellery piece customized by hand. Their jewellery is perfect for rebels, the eccentric and those who aren't afraid to take chances. Enjoy 10% off your entire purchase at their online store using code GLAMOURNOIR at **www.blkandnoir.com**

11. Triangular Quartz Rings are **ARIMAS JEWELRY BOX**'s signature handcrafted jewellery. Featuring beautifully organic shaped blue quartz resting on triangular textured shapes truly add a touch of glam to any ensemble. The bands are made adjustable and available in custom sizes per request. Enter code GLAMOUR at checkout to receive 10% off your entire purchase and free gift packaging (expires 30/4/2015). Visit **www.ArimasJewelryBox.com**

12. AURA ZALEZ is based out of NYC. Aura is how you carry yourself, it is what defines you. Their collections suit every style, from classic, trendy, statement you name it! Browse their beautiful designs at **www.aurazalez.com** Worldwide shipping available – Multi Chain Necklace $16 USD.

13. Elegance for the modern woman is the inspiration behind the **O'LA VI INFINITY RING**. The piece traces its heritage from the designer's European style, but is destined for a powerful and versatile woman. The Infinity ring is delicately intricately handcrafted to celebrate feminine power and beauty. The designer balances the 18k rose gold curve with black gemstones symbolising the infinite sensuality, strength and elegance of the modern woman. Visit **www.olavijewelry.us** or call **+1(877) 536-7709**.

14. GATESI is dedicated to the design of exclusive, unique and contemporary jewels. The pieces are completely handcrafted, thus, no two pieces are the same. Gatesi is constantly looking for new forms, new lines and combinations, also using mathematical ratios. **www.gatesi.com**











Fashion Runway



Sexy lingerie is now on centre stage spotlighting carnal feminine beauty and seduction power! The **LISE CHARMEL** "Apprivoise-moi" range is sure to be the must-have for Spring-Summer. Pattern is an ornate embroidered motif inspired by antique embroidery, here revisited with a modern vision. Lise Charmel is sold in more than 80 shops in the UK. **www.lisecharmel.com**



IDENTITY PASSION are a new company creating very modern, exclusive leather clothes, which are comfortable, elegant and fashionable as well as universal. Taking inspiration from all the fashion capitals including New York and Milan, the collection also places a heavy emphasis on quality materials including leather and application of Swarovski crystals. **www.identitypassion.com**



The Greta bag just like her other sisters from **CLAIR B**'s collection, has a strong and resolute feature. Proud of her shape that craftsmen gave her, with Python leather lighted up by Swarovski. Greta was born in Florence where beauty reigns and where artisans have been capable of making her perfect. Clair B bags are the perfect companion. Visit **www.clairbbags.com**



SANDMAIDEN. Mesh lingerie set by Sandmaiden Sleepwear. Romantic, soft lingerie and sleepwear featuring hand dyed trims and laces with a strong emphasis on natural textiles. Order online at **www.sandmaiden.com** or **www.sandmaidensleepwear.etsy.com**

EMILY DACCARETT is an independent LA based designer. She likes to take inspiration from the 60s and 70s combining fit and classic tailored lines with modern simplicity. Her collections are a mix of ready to wear with custom made evening wear and on occasion wedding gowns. Encompassing a small world created for each season. The brand fuses music, film, and fashion and creates short films with each collection. Bringing to life each story in more ways than one. Visit **www.emilydaccarett.com**



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O'LA VI bring us these beautifully intricate pieces that have revolutionised the denim jacket! Complete with exquisite embroidery on the outside and silk printed lining on the inside. Feel fabulous this season in one of these unique jackets, a one of a kind piece which this brand is known for! Each jacket is limited edition with a vintage twist to ensure you stand out from the crowd. Visit **www.olavijewelry.us** to see the whole collection.

SNOWMAN New York brings a bright line of spring rainwear to make your fashion statement fresh! Shop online at **snowmannewyork.com** and enter GLAMOUR15 for an exclusive 15% off, valid until 02/05/2015. Action Collection rainwear available in February.



GRACIA FASHION is a young contemporary fashion company based in New York. They are known for their unique style that is all about the right silhouette and proportion to flatter every body type. The look is a combination of edgy elegance with an international flair. Gracia is always evolving and reinventing new looks that makes a woman truly feel exquisite for any occasion. **www.shopgracia.com**



Ambiance Couture is the clothing brand of **AMBIANCE OF AFRICA.** Its collections Juldeh and AJMaju, are bespoke labels featuring limited edition pieces that meet every woman's need to stand out from the crowd. Designer Adama Maju draws inspiration from her African heritage and explores the fusion of African design with contemporary western fashion combining traditional woven fabric or Ankara print with high quality material including silk, lace and linen. Visit **ambiance-of-africa.co.uk**



MISS O is a Prestige Lingerie line specializing In the finest Pieces to suit every unique woman. So Ladies have you got your O's on or off you decide. Check them out at **www.miss-o.co.uk** and use promo code Glamour for 20% off. Valid until 01/04/15.





ZARANKOVA was founded by Bulgaria native Vesela Zarankova. High quality materials and unique glamorous styling are essential for this brand because the designer seeks an elegant exclusive look, which is comfortable at the same time. Designed and created in USA, the line offers a range of clothing and jewellery pieces that are luxurious yet affordable for the client. To find out more visit **www.zarankova.com**



ARGIR KOVATLIEV. AR by Argir Kovatliev is a fashion brand based in Bulgaria. They produce luxurious garments and cross boundaries to bring the most exquisite and innovative design, closer to their customer. Call **+359897918959** or email **ar.kovatliev@gmail.com**

MANFREDONIA. Designer Anthony Manfredonia is a New York based luxury brand known for the art of adapting old-world techniques of garment construction and hand finishing, into modern silhouettes. Anthony honed his skills at Donna Karan Collection, Tracy Reese, and Isaac Mizrahi Haute Couture before opening the MANFREDONIA label. Beyoncé recently wore his corset and swimsuit for her "No Angel" video of her recent self-titled album. Find his collections at Red Vatican London or visit **www.manfredonia.us**



Yummy Mummies and Trendy Tots...

1. CLOTHIES baby burp cloths are stylish accessories for your new baby or as a perfect mum-to-be gift. 100% cotton designs & soft super absorbent fleece backing. Great looking and wonderfully practical. The modern mum's alternative to muslin's. Visit **www.clothies.co.uk** Sets of 3 £14.99 + Free P+P.



2. KOOSHBOO uses natural and breathable materials to create stylish clothing for children. Sweet and playful, it is perfect for boys and girls who love to play outdoors while looking effortlessly chic. Visit them at **kooshboo.com** and enjoy special promotions.



3. BOWS FOR YOUR BELLAS is a small boutique with handcrafted fun and fashionable hair bows for babies and girls all around. They use fun themed hair ribbon so that each girl can pick something out to match their personality and style. They ship worldwide and can be reached at **www.bowsforyourbellas.com** and by phone **+1 516-587-1584.**





4. KIDIWI is a French high-end brand that designs gorgeous clothes combining classic and contemporary details, hand embroidery and beautiful smocking for ages 3 months – 12 years. The collection ranges from everyday looks to outfits for special occasions, with a bespoke service available. Visit **www.kidiwi-handmade.com** or ask for further information at **sales@kidiwi-handmade.com**







5. BLUE SPARROW DESIGNS create an exquisite range of high quality, handmade gifts for newborns and babies. Their beautifully presented baby gift packs are sure to make an impression on loved ones near and far. Visit their online boutique at **www.bluesparrow.com.au** or email **info@bluesparrow.com.au** for more information.

6. MILAN AND OZ is an online boutique that helps with styling children from birth to age 6. Their site is for busy moms that don't have time to go on the hunt for fashion trends all over the world. Their stylist sources designer lines, luxury items, and unique picks from all over the globe that will make your kids stand out from the pack. Shop at **www.milanandoz.com** email **tina.milanandoz@gmail.com** for more information.

7. LITTLEHIPSTAR. With a name like littlehipstar, what else can you expect other than a hand-picked selection of only the hippest and the best? Discover a carefully curated collection of baby clothes, shoes, accessories, toys, and books from the world's most standout brands – all showcased in an easy-to-use, beautifully designed online shop that will keep you coming back time and again. Visit **www.littlehipstar.com**



8. At **LITTLE SEW AND SEWS** they create high quality children's clothing, personalised keepsake animals made from your baby clothes, as well as unique baby and children's accessories. Visit **www.littlesewandsews.com** for the range of products on offer. Special Glamour offer 10% off all keepsake animals for Feb and March 2015, email **info@littlesewandsews.com** for more information.



9. FREYA LILLIE. An alternative to the high street, providing unique, chic and utterly adorable baby clothing, skincare and gifts. Bringing together ranges from the UK and across the globe including organic clothing and skincare. When quality and design is a must. Visit **www.freya-lillie.com** or email **info@freya-lillie.com**



10. MISSES AND MISTERS is an online concept store with hip fashion labels for babies and children. It's a must-go shop for young parents who loves comfortable and yet trendy clothes for their kids. Visit **www.missesandmisters.com**



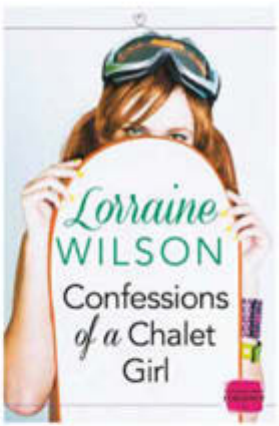
11. iCANDY are thrilled to present their inaugural bag collection from ex-Mulberry designer, Janet Collin. Ensuring fashion savvy, stylish parents can be sophisticated on the go whilst carrying all a child's necessities, the collection will consist of 14 functional versions of fashion favourites from leather totes, satchels and travel bags. The stunning bag collection is priced between £80 and £27. Visit **www.iCandyworld.com**

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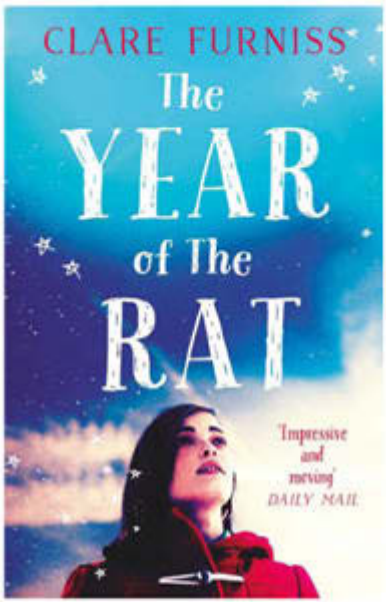
Glamour's Library...



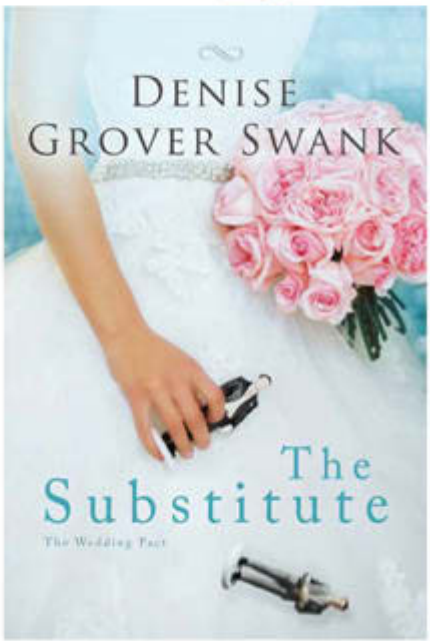
BELZHAR
With the warmth of John Green, the beauty of *The Bell Jar* and the power of *Dead Poets Society*, Meg Wolitzer's breathtaking novel about deep sorrow, first love and Sylvia Plath, will strike a chord with readers everywhere. **@MegWolitzer #Belzhar**



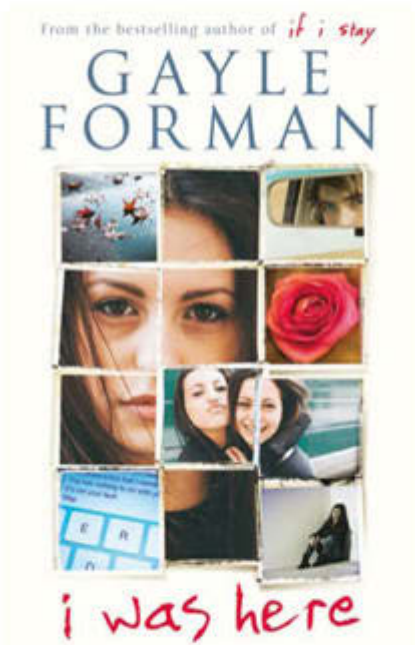
CONFESSIONS OF A CHALET GIRL
Escape to Verbier, exclusive Swiss ski resort and winter playground of the rich and famous, with Lorraine Wilson's Chalet Girl series. So pack your salopettes and pour another shot of Jägermeister, it's time to hit the slopes. Visit **www.harperimpulseromance.com/authors/lorraine-wilson**



THE YEAR OF THE RAT
2015 may officially be The Year of the Sheep but for our readers it's *The Year of The Rat*. Full of bittersweet humour and heart-breaking honesty about love, loss and learning to move on, Clare Furniss' stunning novel will capture the hearts of women everywhere. Out now. **@ClareFurniss #ThatRatBook**



The Substitute, a rom-com by **DENISE GROVER SWANK**, New York Times and USA Today bestselling author. Flying home to her own wedding, a drunk Megan tells her seatmate about dumping her cheating ex. Intent on saving his business, Josh has left this trip up to fate. When he helps Megan off the plane, he realizes fate may be on his side. **www.denisegroverswank.com**

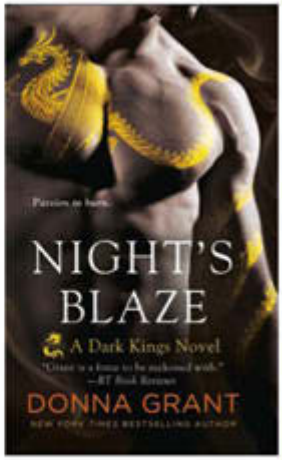


I WAS HERE
From the bestselling author of *If I Stay* – this summer's YA blockbuster film – comes an unforgettable story about friendship, grief and self-discovery. Get the tissues at the ready! Out now. **@GayleForman #IWasHere**

Lover of 50 Shades? Try USA Today Bestselling Author, **CHERISE SINCLAIR**'s Mountain Masters series. Under the hands of a powerful Master, can Rebecca conquer her fears and learn to trust? "Cherise Sinclair swept me away with her perfect blending of tenderness, healing, erotic discovery, and romance." ~ Joyfully Reviewed. **www.cherisesinclair.com**

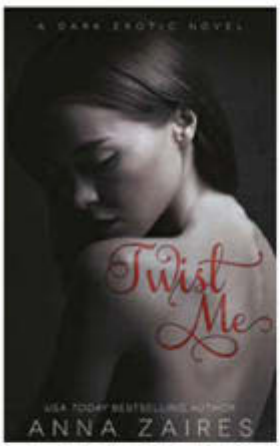


DONNA GRANT
The Rhys who has existed for centuries is gone. Cut off from his heritage by one of his own, this Dragon King is haunted by demons who torment him endlessly. The darkness would swallow him whole...except a woman so beautiful and haunted becomes the one beam of light in his world. **www.DonnaGrant.com**





LAUREN BLAKELY
From the Seductive Nights Series by New York Times and International bestselling author, Lauren Blakely, comes *Nights With Him*. A seductive and smouldering novel where the lines between lust and love start to blur and readers are given worlds of pleasure that will keep them begging for more. Visit **www.laurenblakely.com**



ANNA ZAIRES
International Bestseller.
A seductive, thrilling story of abduction and dark love... Stolen away to a private island, Nora must satisfy the whims of her sadistic captor – a darkly enigmatic man who is as cruel as he is beautiful. Visit **www.annazaires.com**

Glamour's Dream House...

1. DWELLING BIRD. Make a striking statement with this Jackrabbit wallpaper from British homeware brand, Dwelling Bird. The distinctive design is available in three beautiful colourways, Heather, Boathouse Blue and Dusted Stone. Each roll measures L 10.05m x W 52cm, the perfect amount for a feature wall. Visit **www.dwellingbird.co.uk** or call **+44(0)791 736 4493 / +44 (0)1620 248 271**.

2. HARLEY & LOLA specialise in providing beautiful, high-quality, environmentally friendly furniture and home wares. For the ultimate lounging experience try out these fabulous bean bag chairs! Available for adults and children in 11 different colours. Go to **www.harleyandlola.co.uk** to get 10% off using the discount code GLAM3 until 31/05/2015.

3. Discover **SASS & BELLE** for your pretty and quirky gifts and homes accessories. This gorgeous Paddy the Fox cushion can be yours! To order, head over to **www.sassandbelle.co.uk** or call **020 7346 0117**.

4. MILLBROOK BEDS. It's your best kept secret in the bedroom. Traditionally handmade in the UK for almost 70 years, Millbrook Beds are made to order using only the finest, locally-sourced, natural materials to offer the ultimate in sleep luxury. Visit **www.millbrook-beds.co.uk**, email: **enquiry@millbrookbeds.co.uk** or call **08453 731111**.









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All Glammed Up…







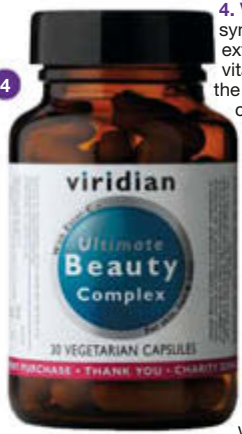
1. SKULL SUGAR COSMETICS® Precious Blend BB cream is a 5 in 1 multi-function cream that gives skin just about everything it needs for a quick and perfect start. It's an ultimate multi-tasker that creates a radiant flawless finish as it hydrates, producing a firmer look. Self-adjusting universal shade formula. Model is wearing bb cream in light, sex pistol eyeshadow and cherry poppin lip color pot. Photo by Foto Door Photography. Available at **www.skillsugarcosmetics.co.uk**

2. BRYT SKINCARE for all Bright Young Things! BRYT Skincare advocates a simple natural 3 step process to cleanse, nurture and moisturise the skin when you most need it. Perfect for all ages especially young adults. At just £10.50-£20.00 BRYT is available at **www.brytskincare.co.uk** and selected items are sold through selected Waitrose branches countrywide.

3. FOREVER BEAUTIFUL EUROPE's Columbian waist cinchers help you to create a feminine silhouette. Using natural latex they offer a super tight hold. Quote GLAM1 to receive an exclusive 20% off all products. Expires 2/3/15. Visit **www.foreverbeautifuleurope.com** or call **020 3727 7242.**

FOREVER BEAUTIFUL
EUROPE





4. VIRIDIAN ULTIMATE BEAUTY COMPLEX. A synergistic combination of vitamins, minerals, plant extracts and phytonutrients. Each daily dose provides vitamin C which contributes to collagen formation for the normal function of skin, and Zinc & Selenium which contribute to the maintenance of normal hair, skin and nails. Available from specialist health stores, find your nearest at **www.viridian-nutrition.com**

5. NUTRIENT WISE DIETARY SUPPLEMENTS. Visit **www.nutrientwise.com**

6. The **CROC PREMIUM IRON** combines professionalism and luxury. Featuring 100% titanium floating plates (for a perfect glide), an ergonomic body design, a colour changing cool tip and heat indicator, as well as extended plate lengths, this iron creates the ultimate styling experience. Available in dual voltage and sold on **www.CROC24.com**

7. USN DIET FUEL ULTRALEAN is a meal replacement shake with only 2.5g fat and is available in 5 delicious flavours. Xedra Cut contains Glucomannan, which can contribute to weight loss when used in conjunction with an energy restricted diet for both men and women. Stocked in leading retailers including Tesco, Argos and Superdrug. To find out more information and to receive your free USN Body Makeover Guide for 2015, email them at **advertising@usn.co.uk** or visit **www.usn.co.uk**







8. LAUREN BROOKE COSMETIQUES new Luminous Face Highlighters give your face a beautifully radiant glow while bathing your skin in luxurious ingredients like Morrocan Argan & Rosehip Oils. Created with 100% natural pigments blended into a 97% Certified Organic botanical base.
Visit **www.laurenbrookecosmetiques.com**

9. PERFECT IMAGE incorporates many natural plant and botanical extracts into our professional peel lines which are rich in antioxidants, nutrients, and vitamins. The Lactic skin brightening peel is great for those want to exfoliate the dead skin cells on the surface and could help to brighten areas of the skin.
See the difference at **www.perfectimage-llc.com** call **1-800-366-2053**.

10. The team at **BRIT-ROCKS** are dedicated to providing the very best quality, remy human hair for those of you looking for a gorgeous new style! Thanks to their easy clip in design, the hair is perfect for extension newbies, as well as the included guide, the team are also on hand 24/7 to provide additional support. They offer unique Ombre shades and you are also able to custom make your extensions, creating mermaid like hair in minutes! For first class customer service, check out the company which has the hair extension industry buzzing!
Email i**nfo@brit-rocks.com** or visit **www.brit-rocks.com**

11. Rosa Canina Body Butter By **ZUZKA NATURAL BEAUTY.** Lusciously rich, made from organic cocoa butter. Provides moisture for even the driest skin. Non greasy and easily absorbed, with the sensual, feminine aroma of Zuzka's exclusive Rosa Canina natural fragrance. Gentle for all skin types, especially sensitive. Order online at **www.zuzkanaturalbeauty.co.uk**

12. GEISHA WIGS is a UK based wig company specialising in magically colourful lolita, cosplay and everyday wigs! Whether you're into cute and colourful bobs, the latest ombre style or long, luscious curls, Geisha Wigs brings you all of these at a low price and with minimal fuss (superstar hair without the salon appointment!) not to mention zero damage to your own locks!
Visit **www.geishawigs.co.uk** Instagram – **geishawigs**
Facebook – **facebook.com/geishawigsuk**

13. Wacky Lipsticks from **MULAC COSMETICS**! Hyper pigmented matt lipsticks in a wide range of colours, from the most "nude' to the most "wacky"! Mulac Cosmetics is an Italian brand created for MUA, who aim to create the highest performance products using natural ingredients.
Visit **www.mulaccosmetics.com** or email **info@mulaccosmetics.com**

14. NANSHY MARVEL 4 IN 1 MAKEUP BLENDING SPONGE works its wonders with all kinds of makeup: Liquid Makeups, Cream Makeups, Mineral-Based and Wet-Dry Powders PLUS Cream Blushes! This 4-in-1 sponge, (yes, +1 more than the industry standard 3-in-1) a lot of effort went into research, extensive testing, and developed to be your ultimate beauty sponge and new "fave". Brighten your complexion and create buildable airbrush-like coverage, hide imperfections and achieve the smoothest finish imaginable.
Visit **nanshy.com/sponge/** to find out more and claim your free gift now (expires 02/03/15).















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All Glammed Up…
Continued



Vitabiotics Perfectil Plus Nails

Perfectil Plus Nails contains selenium which contributes to the maintenance of normal nails. Perfectil Plus Nails includes vitamin C which contributes to normal collagen formation for the normal function of the skin and biotin which contributes to the maintenance of normal hair. It also doubles up as a daily multivitamin supplement, so there's no need for an additional supplement and can be used for as long as required.
RRP £14.95.
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DOs&DON'Ts

Wide trousers are having a moment – but not *everyone* takes them in their stride…



DO bring attitude. J.Lo pulls off this tricky three-piece with aplomb



DO keep the styling simple with an all-white ensemble. Lily Collins nails it



Oh, J.Law, you can **DO** no wrong – this chic suit is spot on



How to **DO** Riviera chic, à la Chloë Moretz? In Chanel, of course



Dear Danielle Armstrong. We. Just. **DON'T.** Understand.



Leopards **DON'T** change their spots, but Casey Batchelor should change those trousers



DO we want Kim K's abs? Hell, yes!



DO copy Lorde and rock the sportswear trend for evening



Pale hues head to toe? It's a **DO** for Nicole Richie

Photographs: Fame Flynet, Goff Photos, Getty Images, WENN, Xposure Photos, Splash News, Rex Features

NEW!

Jo's Journal

The behind-the-scenes, in-and-out-of-office life of a magazine editor



As I was leaving a London Fashion Week show last year, a man rushed up and gave me this (above) – a sketch he had dashed off during the last ten minutes. He turned out to be talented artist Clym Evernden, who's drawn for everyone from Balenciaga to Calvin Klein and J Crew, and whose illustrations always make me smile. This very personal gift is now on display in my office. Check out more of Clym's beautiful work at clymdraws.com; Instagram: @clymdraws



Above **Clym's illustrations of the Dior Couture A/W14 show**



With *Today* hosts Lisa Wilkinson and Richard Wilkins

Fame at home!

For the first time in four years, I spent Christmas with my family in Sydney. While there, I was invited by my dear friend Lisa Wilkinson to appear on her TV show, *Today* (see more on her in my Editor's Letter, page 19), and take part in a debate segment called The Grill. Thanks to a new play opening in London, the topic they wanted to grill me on was the ongoing saga that is the rumours that James Hewitt fathered Prince Harry. I'll hold my hands up and say I don't believe it for a second. And it gave me the opportunity to put forth my pertinent point that James Hewitt is a real 'dirtburger' – a word of mine and my husband's invention. Even we don't really know what it means, but it just seems to fit in this case. I stand by it.

Comfort food



This issue sees the launch of voting for the 12th annual GLAMOUR Women of the Year Awards, in association with Next. And I'm already planning the burger I'll have from one of my favourite London restaurants, Bob Bob Ricard, the day after. It's a tradition to nurse our hangovers over their fabulous food and download our stories from the night. And yes, I will be pressing that famous button (above).

Photograph: Damon Baker

The happiest place on Earth

When I was nine, I nearly got to go to Disneyland with my aunt, uncle and cousins. Then my parents changed their minds about letting me go. They deny it. BUT IT IS TRUE*. So it goes some way to explaining why recently, when I got to walk down the main street of Disneyland, California, I actually welled up. A childhood dream finally realised! I was a wussy kid, so I probably enjoyed it more than I would have back then. Side note: is there anything funnier than Rollercoaster Face?

*I still love my parents.



Do we look cool?



Do you think Anna Wintour ever wears a rain poncho?

Celeb makes someone else tea





I was dying with a sore throat on a cover shoot (shut up, I was), when who should approach me but the cover star herself, Jessie J, with her cure-all: a mint tea with some heaped spoonfuls of manuka honey. It really worked. So now you know.


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